









HOLY 40

Developed by Zac Peers and Nick Lionas

To Inspire Spiritual Growth		
FASTING		Commit to abstaining from certain foods. The Church prescribes fasting from meat and dairy. Start with what you are able.
PRAYER		Set aside time that you normally do not and focus on praying. The Daily Readings App can be helpful
READ		Read a chapter a day from the Bible The Gospels or Book of Psalms are good places to start.
SILENCE		Add 30 seconds of silence to each day. Consider limiting screen time (Example for silent time: Day 1 - 30s, Day 2 - 1:00, Day 3 - 1:30 etc.)
THANKS		Give thanks to someone in your life each day. Tell someone directly or write a Thank You Note.
STEWARDSHIP		Sacrifice time, talent, or treasure and offer it to a good cause
WORSHIP		Participate in the life of the Church. Take confession, attend extra services such as compline, presanctified liturgy, salutations.
REFLECT		At the end of each day reflect on how it went. Consider journaling. Express difficulties and successes.

Holy 40 Living

Live daily, consider your growth weekly. Everyday try to complete each goal. Attached is a points table to help easily track how you are doing and discover areas for improvement.

For each goal you complete, receive 1 point. The maximum points that can be received in one day is 8 points.

The point scale is **not for comparison to others**, but a way to push ourselves and provide accountability. It is not to measure achievement. Our main objective is to become more centered on Christ, rather than self.

If you miss a day, that is ok. The goal is to improve and grow. If the goals are too easy to complete, set tougher goals. If you become overwhelmed, scale back. This is not meant to be a stumbling block but an aid.

Attached is a chart to help you see where you are struggling and see where you have room to grow during Great Lent.

Like any diet or physical training, having a trainer to help is a good thing. Your priest is there to help you in your spiritual growth. Deepen your relationship with him throughout the year. He is there to help.

Resources: For Fasting:

OCF's College Lenten Cookbook can be found here -
https://docs.google.com/document/d/1LQMKGB-eWYjhxi2eAff5oDzfx_EJijtDOmtMfdtCePo/mobilebasic

From Orthodox Motherhood, "Our Super Simple Lenten Meal Plan
<http://www.orthodoxmotherhood.com/super-simple-lenten-meal-plan/?fbclid=IwAR1CpdmuKlOdmfBWckEUksQ35jY6LtWIL1IfyPeCN4FLov9Fzos6ZUyd8gg>

Facebook Group: Lenten Recipes for Orthodox Christians
<https://www.facebook.com/groups/109106235834792/>

Resources For Prayers:

Daily Readings App (Iphone and Android) Download from App Store or Google Play
My Orthodox Prayer Book - https://www.amazon.com/Orthodox-Archdiocese-Religious-Education-Department/dp/B000UTT2ZU/ref=sr_1_1?keywords=my+orthodox+Prayer+book&qid=1551736774&s=gateway&sr=8-1

Resource for Journaling:

https://www.amazon.com/Know-Plans-Flexcover-Journal/dp/1770360115/ref=sr_1_7?keywords=Christian+Journal&qid=1551736812&s=gateway&sr=8-7

