



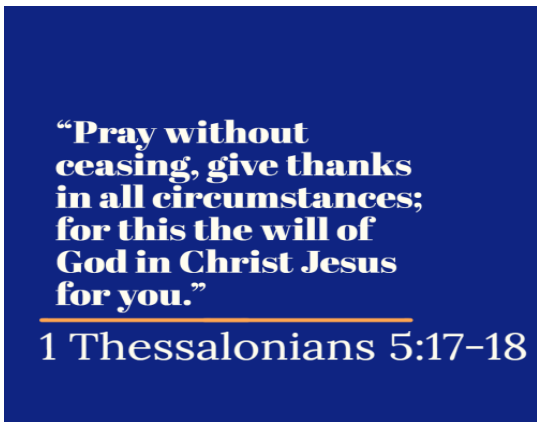
We invite you this Lent to join us in 40 days of journeying toward an entirely New Normal- the ultimate New Normal- Resurrection Day and the power of New Life! Easter! We hope and pray that this journey might bring you into partnership with our mission! We wish you blessings, good health and peace during these Holy Days!

Week One -Fast



This week create space for New Life! Fast from worry and trust in God. Fast from complaining and focus on gratitude. Fast from pessimism and be optimistic and hopeful. Fast from gloom and enjoy the Beauty around you. Fast from hurtful words and gossip; speak kindness. This week pray: "God, help me to see this Holy season of Lent as a time of spiritual renewal and a time to serve You. Amen!"

Week Two- Pray



Prayer can seem mysterious, either because of doubts about the ability of prayer, or because it's a challenge to incorporate prayer into our daily lives. Even though, this week pray: "God, during this Lenten journey, help me to focus on You. Renew me and draw me back into the fullness of Your sacrificial Love. Prepare my heart for Easter, and Resurrection. You invite me into an entirely New Normal and my own resurrection. Help me to say YES to You and New Life. Amen!"

Join our weekly e-mail prayer chain ministry! e-mail kwilliams@akchild.org and write "Add me to prayer chain," in the subject line.

Week Three- Give



When we give of ourselves by using the gifts God has given us to serve others, we are able to uniquely worship God. This week explore your gifts and talents. Pray: "God, reveal to me how to share of Your abundance. Remind me that I am blessed to be a blessing! Amen!"

Please consider partnering in our ministry through a financial gift to the AK Child & Family Spiritual Life Department as part of your Lenten preparations and journey.

Week Four- Thank



When we are thankful, we are better able to experience life's blessings. This week thank someone in your life who has expressed God's goodness to you and find ways to express God's goodness to others. This week pray: "God thank You for this faith walk and journey toward an entirely New Normal. Your Resurrection creates New Life. Thank You for Your sacrificial Love. Raise me from any and all ashen circumstances and let me rejoice with gratitude. Amen!"

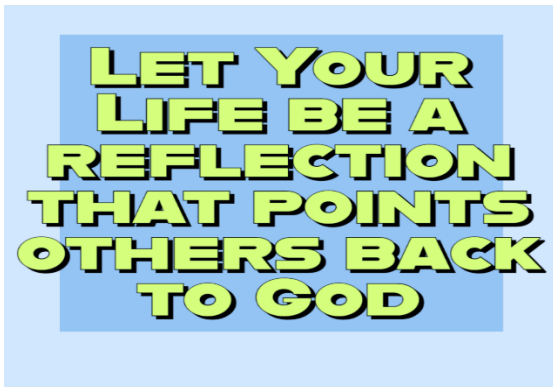
Week Five- Serve



When we express equal and immense value to and for others we mirror God's heart. This week pray: "God, during this Lenten season and journey, give me a new and expanded vision for my life. Help me to live a life full of faith. Teach me to find and give hope. Amen!"

Now ask yourself, who do I know that would be an amazing Therapeutic Foster Parent at AK Child & Family?! A friend, neighbor, family member, coach, teacher...is there anyone I know that could be a blessing to a young person in need? Now ask yourself- is it I Lord? Please visit akchild.org or call 792-4111 for more info if your heart is curious.

Week Six- Reflect



Living a full life requires change. During this week, reflect on each of the previous weeks and what you have learned. Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us. It is a call to renew a commitment possibly grown dull by a life marked more by routine than reflection. It is a reminder that we cannot open our hearts to one another without having our own hearts being transformed. Pray: "God, we come to You to uncover the ways we can add to Your Kingdom. Nurture in us the stirrings of New Life. Create in us clean hearts. Let your healing Light transform us into Your image. Amen!"

We re-invite you this Lent to join AK Child & Family in 40 days of journeying toward an entirely New Normal- We hope and pray that this journey might bring you into partnership with our mission! *As part of your Lenten preparations and journey, join our weekly e-mail prayer chain ministry! Give a financial gift to the AK Child & Family Spiritual Life Department! Consider becoming a Therapeutic Foster Parent! We wish you blessings, good health and peace during these Holy Days! Come visit us at akchild.org for more info or to make a secure on-line donation.*

