

LENTEN bingo

An invitation to observe a holy Lent, one small practice at a time.

Be Curious Instead of Judging Today: Ask yourself, "What might I not know?"	Practice Quiet Today: Sit in silence for 3-5 minutes. What did you notice?	Sit with a Big Question Today: Write down a big question - do not try to answer it.	Extend Mercy to Yourself Today: Say at least one gentle thing to yourself.	Act on a Good Intention Today: Do one small thing you have been putting off.
Reflect at the End of the Day Today: In the evening ask yourself, "Where did I see God today?"	Release Hurry Today: Do a task more slowly and intentionally than usual.	Let Darkness Be A Teacher Sit in the dark for 3-5 minutes. Noticing what it reveals.	Practice Gratitude Today: Name at least one thing you're thankful for, without forcing it.	Sit with Scripture Read a passage of scripture slowly, maybe several times over.
Trust God When Things Feel Scattered Today: Pray, "God, hold what I can't."	Notice Your Body As Good Thank your body for at least one thing it does or allows you to do.	Receive Grace Freely Today: Accept a kindness or complement without adding qualifiers.	Practice Hope on a Small Scale Today: Do one hopeful act, even if it is tiny or goes unnoticed.	Accept What Is Ending Today: Name and release one thing that has run its course.
Engage Your Heart Today: Share one real, honest feeling with someone you trust.	Make Room Today: Clear physical or emotional space for something new.	Set a Clear Intention Write one sentence about how you want to live this Lent.	Love God with Your Mind Today: Learn something new that stretches your faith.	Let Grief Have a Voice Today: Say the loss out loud, to God or another person.
Name Where You Feel Safe or Held Today: Share one place or person that brings steadiness.	Love God with Your Heart Today: Let yourself fully feel your feelings.	Choose When to Speak Today: Pause before speaking once today.	Live Like Time Matters Today: Tell someone what they mean to you.	Rest on Purpose Today: Schedule rest and keep to it.

During the days of Lent select practices to complete. The goal is to achieve a 'blackout' by completing all the squares. You can move through the practices on your own or with your family. You are also invited to share your progress on our communal BINGO card in the SFUMC Fellowship Hall.