

Love in Lent: Five Tiny Practices Jesus draws us together in simple ways in Lent to experiment with practices of love in daily life inspired by Gary Chapman's *The Five Love Languages*. Join us for self-paced fun (and prizes) as we act and reflect together in the coming weeks. For more ideas about who and how to engage these simple practices please visit our website. Be sure to record your responses to the reflection questions on the back of this sheet and mark each day's square when you have tried the daily practice. Submit your completed reflection sheet by uploading to our website or returning to Rev. Sarah in person by April 30 to receive your prize.



stpaulsburlingame.org/love-in-lent



**Ash
Wednesday**
February 22

Visit our website
to explore this
Lenten challenge

Identify, love
languages
you prefer
to receive

Reflect On Saturdays:

Which languages do you use
to show love toward others?

First Sunday in Lent
Words of Affirmation
February 26–March 4



What part of your practice
is feeding your spirit?

Second Sunday in Lent
Touch of Kindness
March 5–March 11



With whom are you
unable to share kindness?

Third Sunday in Lent
Quality Time
March 12–March 18



What learnings about quality time
do you want to carry forward?

Fourth Sunday in Lent
Acts of Service
March 19–March 25



How do acts of service renew your
commitment to loving others?

Fifth Sunday in Lent
Sharing Gifts
March 26–April 1



Where do I feel most comfortable
giving/receiving love? Where do I
feel most stretched by this practice?

Palm Sunday:
What am I noticing
about my love for Jesus?
April 2

Attend one
(or more)
Holy Week
Worship Service

Share a simple meal
to remember
Jesus' last supper
with his friends

Wash your feet,
remembering
Jesus washed his
friends' feet

Pray Psalm 22
in solidarity with
Jesus on the cross

Light a candle
(or flashlight)
to reflect the light of
Christ

**Bring "Alleluia!"
back for Easter!**
April 9

Love in Lent: Five Tiny Practices

Record your responses to the reflection questions at the end of each week here.

Which love languages do you use to show love toward others?

What part of your practice is feeding your spirit?

With whom are you unable to share kindness?

What learnings about quality time do you want to carry forward?

How do acts of service renew your commitment to loving others?

Where do I feel most comfortable giving/receiving love?
Where do I feel most stretched by this practice?



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