



# Lent Challenge 2019

In 2019 we are inviting one another to take part in *40 bags in 40 days* . It is a process which allows us to reflect on what is necessary in our lives - where we focus on cleaning one area per day. In this one area you challenge yourself to declutter, simplify, decrapify, and get rid of things you don't need. The goal is **one bag a day** but you can have more or less. It doesn't need to just be material things, it could be emails or issues or even concerns. The idea is to remove in a small way each day during Lent those things which distract us from faith and living a whole life.

Start small—bag size may vary. Maybe choose one draw or activity you are going to clear, rather than a whole room. **Allow what you choose to inform your prayer life—what does our clutter tell us about our relationship with God? How might God inform our living in the days ahead?**