

RESOURCES FOR WHEN YOU PRACTICE DAILY LENTEN DISCIPLINES

SCRIPTURE READING

Wesley's Guidelines for Daily Bible Reading

1. Set apart a little time every morning and evening
2. Read a chapter out of the Old Testament and one out of the New Testament: or simply read a single chapter or part of one chapter
3. Read this Scripture to discern God's will and with a desire to do God's will
4. Before and after you read, pray that what you read may be written on your heart.
5. While you read, frequently pause to examine yourself, both with regard to your heart and life. And whatever you discern, put that insight to use immediately

Online Resources:

Bishop Wallace-Padgett's "Read Together a re-Connect initiative

<https://www.holston.org/readtogether>

GIVE

Volunteer:

Through Grove:

- Collect and deliver food for the Radford food bank
- Community Table helping to cook and serve
- Saturday meals to our home bound members
- Financial gifts to Grove's Assistance Fund
- Sunday nursery
- commit to financial tithes to Grove's ministries

Locally

- Radford Clothing Bank
- Our Daily Bread*

Online Resources:

UMCOR Disaster Response

<https://umcmmission.org/umcor-international-latest-responses/>

UMCOR Giving

<https://umcmmission.org/give/>

Holston Advance-

<https://www.holston.org/files/connectional+ministries/older+adult/advance+2023+bro>

[chure.pdf](#)

you can support our Wesley at Radford University through the Advance.
Wesley's number is #127

Wesley Foundation at Radford

Online Giving scroll to the bottom of the page

<https://www.wesleyfoundationradford.org>

Purchase a ticket for the Wesley's Benefit Dinner March 25th (see church office)

PRAYER

The Wesleyan Prayer

I am no longer my own but thine
Put me to what thou wilt
Rank me with whom thou wilt
Put me to doing, put me to suffering
Let me be employed for thee, or laid aside for thee,
Exalted for thee, or brought low by thee
Let me be full, let me be empty
Let me have all things, let me have nothing
I freely and heartily surrender all things to your pleasure and disposal
And now, O glorious and blessed God, Father, Son and Holy Spirit,
You are mine and I am Yours.
So be it.
And the covenant I have made on earth, let it be ratified in heaven. Amen.

Printed Resources:

Upper Room Daily Devotional

Ruben Job's *A Guide to Prayer*

"Daily Praise and Prayer" in *The United Methodist Hymnal* (876)

Online Resource:

New Every Morning: Daily Reflections from Upper Room Books

<https://upperroombooks.com/neweverymorning/>

In Person Resource:

Sign up for Holston Conference's Weekend of Prayer a Conference-Wide Day of Prayer

March 25-26, 2023 [https://www.holston.org/event/holston-weekend-of-prayer-](https://www.holston.org/event/holston-weekend-of-prayer-praying-together-17297133)

[praying-together-17297133](https://www.holston.org/event/holston-weekend-of-prayer-praying-together-17297133)

FASTING

John Wesley fasted weekly one to two days a week from sundown to sundown drinking only water and tea. He often broke his fast with a simple meal of bread and broth

Online Resources:

When you Fast by John Wesley

<https://www.biblebb.com/files/jw-001fasting.htm>

Fasting in the Wesleyan Way by Tom Albin West Ohio Conference UMC

<https://www.westohioumc.org/sites/default/files/conference/documents/pdf/news-item/fastingwesleyanway.pdf>

Fasting the Most Neglected Means of Grace; Discipleship Resources

<https://www.umcdiscipleship.org/blog/fasting-the-most-neglected-means-of-grace>