

Reflection

40 DAYS, 40 WORDS



Lent is the 40-day season in the church year to prepare our hearts and minds for Easter. This year, we invite you to spend a few moments in *reflection* every day.

Beginning Ash Wednesday, March 2, take just a moment to reflect on the word of the day listed below. What does it mean to you? How might it reflect your own faith journey? Pray on each word and ask God to speak to your heart.

Ash Wednesday, March 2 - Maundy Thursday, April 14

Excluding Sundays

Reflect

Search

Serve

Pray

Dust

Lead

Peace

Waste

Bread

Journey

Justice

Light

Confess

Water

Invite

Bloom

Direct

Beauty

Grow

Word

Disciple

Valley

Purpose

Friend

Rise

Give

Sabbath

Joy

Hope

Broken

Study

Freedom

Guide

Push

Dark

Embrace

Be

Forgive

Quiet

Rejoice

Reflection

40 DAYS, 40 PHOTOS

Looking for another way to participate in this Lenten activity? Each day, post a photo that reflects how you perceive the day's word. Include a brief explanation, if you'd like. Use [#UMHEF40Days40Photos](#) so we can follow along.

   @UMHEF

Featured Scholar



"I am in my second semester at St. Pauls in the MDiv program and I want to thank you for your support. I have used the support you have sent towards books. I am so thankful for the opportunity to read I just need more time in the day to read more. So many new ideas and insights have been opened up to me through reading and through education that I am able to pass on. Thank you."

MEET CRYSTAL

SAINT PAUL SCHOOL OF THEOLOGY

— This Lenten activity is our gift to you.
May you find Christ in unexpected ways this season and always.

If you feel led to give back to support United Methodist students, please consider a donation to the United Methodist Higher Education Foundation.

See the enclosed envelope for ways to give today.

The UMHEF vision remains the same today and into the future: to make it financially possible for United Methodist students to attend UM-related institutions of higher education. Your support makes possible more than \$2 million in scholarships that allow students to remain connected to the church and to learn faith-based leadership skills that will continue to make a difference in our communities and for future generations.



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