



COLORING
THROUGH

Lent

ONE DAY AT A TIME

Lent is the 40-day season in the church year Christians set aside to prepare our hearts and minds for Easter. This year, we invite you to use the next page as a tool for daily reflection. Beginning Ash Wednesday, February 22, take a moment each day to reflect on one of the words or phrases in the graphic. Color in each section as you journey through the forty days.* What does each word mean to you? What does it stir in you? How might it reflect or connect to your own faith journey?

**Note: The forty days of Lent do not include Sundays. They begin on Ash Wednesday and end on Holy Saturday, the day before Easter.*

SUPPORT
STUDENTS AT
[UMHEF.ORG/GIVE](https://umhef.org/give)

Give back to support Methodist students with a donation to the United Methodist Higher Education Foundation. Visit [UMHEF.org/give](https://umhef.org/give) and donate on our secure online giving page. You may also send a check, made out to UMHEF, to P.O. Box 340005, Nashville, TN 37203.

UMHEF's grand vision is to make it financially possible for qualified 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.



This Lenten activity is our gift to you. May you find Christ in little, quiet moments this season and always.



MEET EVAN Duke Divinity School

"I would not be afforded the opportunity to attend higher education without the support that the UMHEF and others provide [...]. The transformative experiences, knowledge, and opportunities that I have gained since answering the call to ministry and applying to Duke could not have been realized without personal, financial support. Thank you!"

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READING THROUGH LENT

To take your reflection deeper, find these words and phrases by reading Matthew 27-28 and John 19-20.

