

# Spiritual Checklist

LENT 2024

As Orthodox Christians, we are dedicated to becoming more Christ-like every day. To do that, we endeavor to practice the three core spiritual disciplines given to us by Christ: almsgiving, prayer, and fasting.



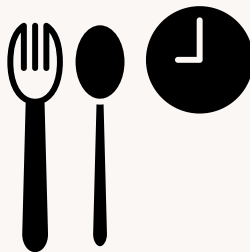
**But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. (Matthew 6:3-4)**

- Check to make sure you're caught up on your stewardship at Twelve Holy Apostles; if not, you can catch up by going to our website or putting your offering in the plate under the icons in the narthex.
- Find a charity to make a donation to this season.



**But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. (Matthew 6:6)**

- Everyone is encouraged to attend one of the special services this season.
- Schedule a confession with Fr. Dustin or plan to go to confession after Friday Salutations.
- In addition to attending Liturgy every Sunday, attend one Matins service this season.
- Keep a daily prayer schedule.



**But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. (Matthew 6:17-18)**

- Find a favorite fasting recipe to make this season.
- Try a new recipe or share one with a friend.

Are you a godparent? If so, check on your spiritual child(ren) and ask how you can help them grow spiritually this season.

