



*Lenten  
Season  
2021!*

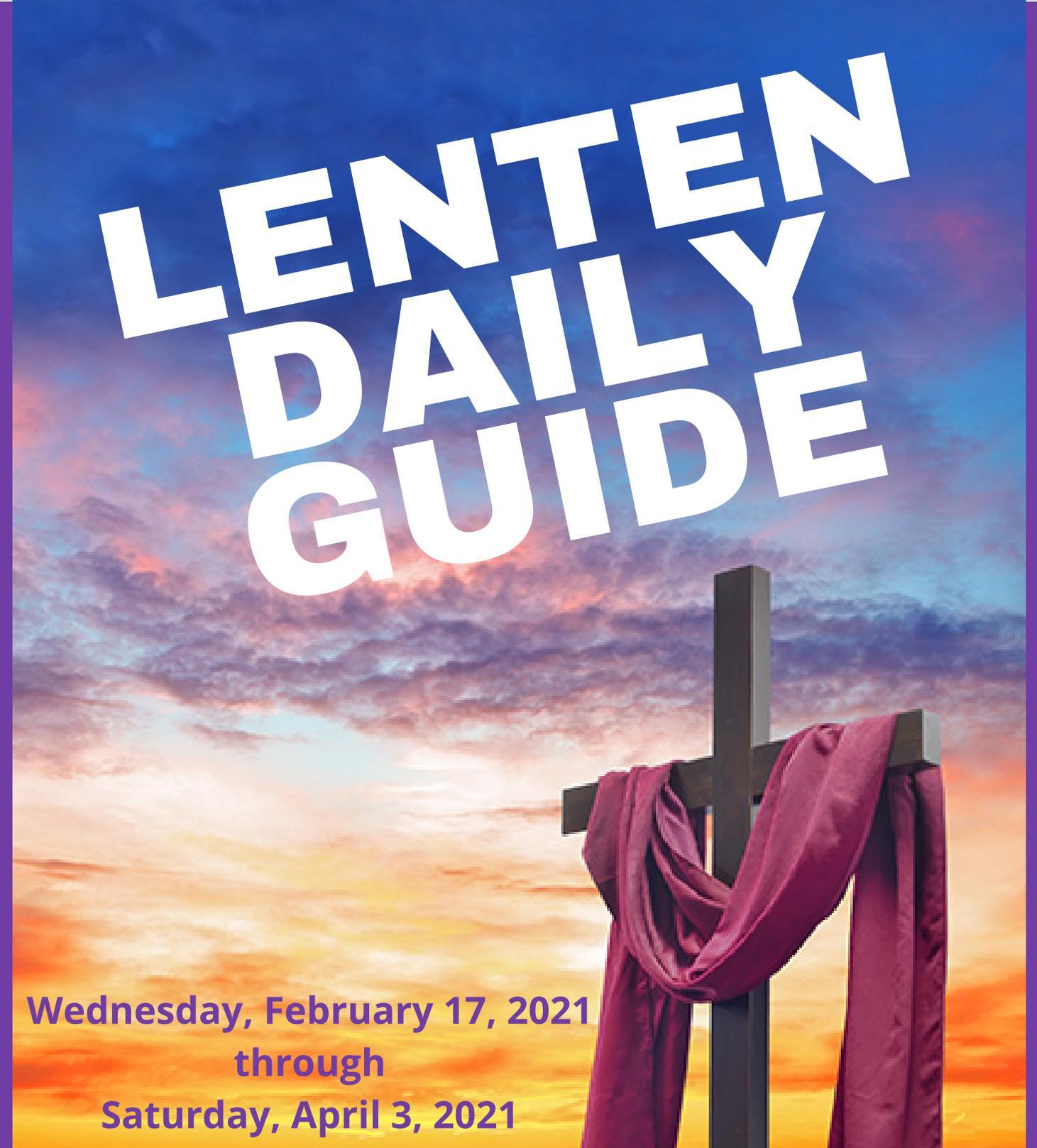
**F**IRST  
AME  
OAKLAND

**Reflect,  
Sacrifice  
&  
Renew**



# LENTEN DAILY GUIDE

**Wednesday, February 17, 2021  
through  
Saturday, April 3, 2021**



*Lenten  
Season  
2021!*

**FIRST  
AME  
OAKLAND**

**Reflect,  
Sacrifice  
&  
Renew**

*First AME Oakland  
2021 "No Limits" Lenten Season  
February 17 - April 3, 2021*

**LENT is the period of 40 days which comes before Resurrection Day in the Christian calendar. Beginning on Ash Wednesday, LENT is a season of reflection and preparation before the celebration of Resurrection Day. By observing the 40 days of LENT, Christians replicate the sacrifice and withdrawal of Jesus Christ journey into the desert for 40 days.**

**During this season we will follow a daily guide to help us in our sacrifice. Please be reminded that this is not mandatory and you should make certain to maintain proper health protocol and adhere to your physician guidelines. However, in the process of sacrifice, make sure you are in constant communication with God and you are committed to withdrawing from something.**

**We have created this daily guide to give you direction of what we pray you will give up or take on each day. It is our hope that you allow yourself to take off the limits to what can be done during the season of lent. We pray that you grow stronger spiritually, physically, and emotionally; remembering to discipline yourself to seek God when you want to give up, and to utilize limitless faith in preparation for the celebration of the one from on high.**

**Remember, there are "No Limits!"**

**Yours in Christ,**

*Pastor Dr. Rodney D. Smith & Reverend Amittia Smith*



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**Mondays through Saturdays  
during Lenten Season  
we will have prayer and mediation  
lead by a member of our clergy staff.  
Please use the following  
conference call number:  
605-313-5719 #694281**

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### MEATLESS MONDAY

Today, make a sacrifice and give up eating meat of any kind.

*"Therefore, if food causes my brother to stumble, I will never eat meat again, so that I will not cause my brother to stumble." I Corinthians 8:13*



### TESTIMONY TUESDAY

Today, tell a testimony to a friend, coworker or family member and eat an extra abundance of green vegetables.



*"Return home and tell how much God has done for you. So the man went away and told all over town how much Jesus had done for him." Luke 8:39*



### WISDOM WEDNESDAY

Today, drink at least 1/2 gallon of Water.

Watch Bible Study on Facebook Live or YouTube.



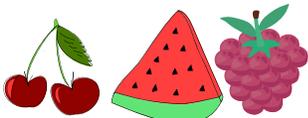
*"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil." Ephesians 5:15-16*



### THANKFUL THURSDAY

Today, write down what you are thankful for when you awake and before you go to bed.

*"Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever." Psalm 106:1*



### FRUITFUL FRIDAY

Today, add fruit into each of your meals.



*"Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit." Matthew 12:33*

### "SWITCH IT UP" SATURDAY

*saturday*

Today, pick one theme from Monday through Friday that you want to focus on today.

### SOULFUL SUNDAY

Relax, Inhale, Exhale.

Today, please be sure to join Worship Service Live on Facebook or YouTube

