

## The Practice of Being Filled

Before Jesus began his ministry he was baptized by John, filled with the Holy Spirit and told, "You are my dearly loved son and you bring me great joy" (Mark 1:11). He returns to the place of prayer in the same chapter of scripture for guidance and direction, reminding us that we need to be filled again and again!

The Practice of Being Filled ties practices that connect us with **objective** ways to encounter God (places God has told us we can all find God!) as well as **subjective** ways that we are filled (practices that work well for us). Use the space below to plan how you will pursue being filled this Lent (March 1-April 15)!

### Objective Practices (Ways God has told us we can be filled!)

### My Plans for Lent

Regular participation in Communion/The Lord's Supper	
Baptism (We get baptized once & remembering it helps us be filled!)	
Reading Scripture	
Mark Reading Plan for Lent (from Courtland UMC	
Memorize a section of scripture for meditation through Lent. (Psalm 23, Psalm 63, Mark 1:11, etc)	
Daily Scripture Reading in Devotional Book (Upper Room, etc)	
Other Scripture Reading Plan	
Worship in Community	
Where and When will you prioritize gathering with the church to worship?	

### Subjective Practices (Practices that may help you draw near to God to be filled)

<p><b>Music</b></p> <p>When has music helped fill you with God's Spirit? Can you make that music a part of your practice?</p>
<p><b>Items that direct us to God</b></p> <p>What items help you turn to God (crosses, images, candles, stones, prayer beads, etc)? How can you use these items to focus you on God during Lent?</p>
<p><b>Centering Prayer</b></p> <p>Centering prayer is a practice of helping your heart and mind be still before God. For more information see the pamphlet in the "Resources" section at <a href="http://www.courtlandumcva.org/getrooted.html">http://www.courtlandumcva.org/getrooted.html</a></p>
<p><b>Breath Prayer</b></p> <p>Breath prayers are short prayers that are repeated with each breath (one phrase as you inhale and one as you exhale. For example: "Lord Jesus, Fill Me" Is there a breath prayer you can adopt to carry with you throughout Lent?</p>
<p><b>Places we Encounter God</b></p> <p>What physical places help you to draw near to God? Can you spend time in those places during Lent?</p>