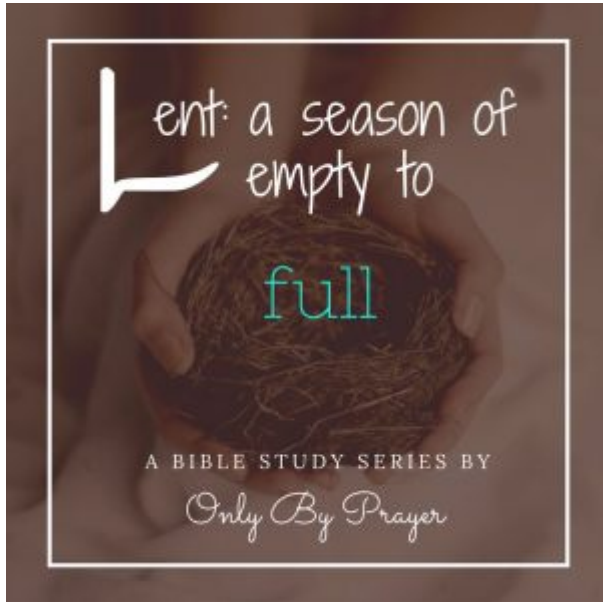


Empty to Full: 7-Week Guide to Lent



Would you like to approach Easter this year with a heart that is prepared for the Resurrection?

Too often it seems, Lent flies by and before we know it, Holy Week is upon us and we're rushing to prepare home and heart for Easter. At Only By Prayer, we're ready to help you more mindfully prepare with our 7-Week Guide, Lent: A Season of Empty to Full and accompanying Facebook page.

Ready to sign up now?

What Is Empty to Full?

Each week of Lent we will identify a theme for that week and email you a multi-media bundle of posts, videos, podcasts, illustrations, and Bible studies that you can use to help prepare your heart. We'll include a simple guide, just in case you want one, but **feel free to do them in any order you choose and at your leisure**. If the Spirit leads you to slow down and spend the entire week diving deep into one resource, by all means do that. We will also set up a private Facebook page for just this group to share insights, ask questions, and

pray for each other. **There is no cost. We simply ask that you sign up in the opt-in form below so that we may email you the resources each week.**

Weekly Topics

We've chosen a different spiritual discipline for each week. Here's the list:

- Week 1: Simplicity
- Week 2: Examen
- Week 3: Prayer
- Week 4: Fasting
- Week 5: Study
- Week 6: Service
- Week 7: Celebration

Ready to get started? Simply sign up below. Be sure to reply to the email you should immediately receive (check your spam or trash if you don't see it within a few minutes) so that you are added to our list. Your first bundle will arrive on Ash Wednesday, February 10, the first day of Lent. Thereafter, you'll receive a bundle every Monday. **We will also add you to our private Empty to Full Facebook page so that you can participate in the forum with us if you would like to.**

We look forward to the next seven weeks! Thank you for journeying with us.

Sign up here: