



## R-E-N-E-W-E-D Lent Challenge Three Levels of Engagement

	1. Keen to do something	2. Finding your Flow	3. Well-seasoned Pilgrim
<b>Fasting</b>	For example: Remove one unhealthy item from your diet such as high sugar content drinks	For example: Lower your carbohydrate intake, such as breads and non whole wheat products. Consider excluding alcohol and processed sugar from your diet.	Follow the <a href="#">‘core diet’ (click here for details)</a> increased quantity of fresh vegetables, nuts, seeds, legumes, whole grains, anti-inflammatory fats, and high quality proteins to promote health. Also remove alcohol, caffeine, dairy, ultra processed foods (UPFs) including sugar and non whole wheat.  Consider a weekly water only 24hr fast into the mix and refrain from eating after 9pm.
<b>Exercise</b>	Daily <a href="#">Lord’s Prayer Squat Reach</a> and when possible, follow the online sessions	Daily <a href="#">Lord’s Prayer Squat Reach</a> and weekly in person/zoom strength endurance sessions and when possible, follow the online sessions	Daily exercise programme: <b>Mon</b> - <a href="#">Lord’s Prayer Flow</a> <b>Tues</b> – In person/zoom strength endurance session <b>Wed</b> – <a href="#">Lord’s Prayer Flow</a> <b>Thurs</b> – <a href="#">Barri Lifts</a> x100 <b>Fri</b> – <a href="#">Lord’s Prayer Flow</a> <b>Sat</b> – <a href="#">Luka Lifts</a> x100 <b>Sun</b> – <a href="#">Breath Prayer</a> and stretch  Every evening full body stretch with meditation.
<b>Prayer</b>	Follow the weekly focus and reflections	Follow the weekly focus and reflections, praying with, sharing, and encouraging the R-E-N-E-W community in-person and through the group chat.	Follow the weekly focus and reflections, praying with, sharing, and encouraging the R-E-N-E-W community in-person and through the group chat.  Consider fasting negativity or social media for a period as a form of prayer.

\*Follow the hyperlinks to discover more content