

## Station Five: PERMISSION SLIPS

### Activity:

Read or listen to the reflection for Station Five, if time permits. Then take a permission slip from the basket. Reflect on the prayer walk you just had, and the prompt: "To grow closer to God this Lent, I give myself permission to \_\_\_\_\_"

Fill out the permission slip and take it with you. Place it in a prominent place in your house, a place where you will see it frequently, from now till Easter.

### Reflection takeaways:

- Traditionally the season of Lent is a time when Christians give up something, like chocolate or alcohol or social media, or take on special practices, such as: spend 10 minutes in prayer each day, do helpful things for friends and family, read a devotional. What else?
- These Lenten practices can often seem like a punishment or as exercises in self-control. But these practices are meant to help us grow closer to God.
- Thinking about this as a permission slip shifts our thinking away from rules, which we feel guilt or shame about when we fall short...and instead thinking about what we can allow ourselves, what we can be free to do.

And so, today and for the rest of this season of Lent, consider:

**What can you give yourself permission for, or set yourself free to do, that will help you draw closer to God?**

And may God's grace, peace, and love be with you  
and guide you on your way.