

# Faith P.E.G.S.

Pegs stands for Prayer, Encouragement, Giving, and Study. A daily habit of taking an action step in each of these areas can strengthen your faith dramatically.

P.E.G.S. is a fitting acronym. Think about tent pegs, stakes used to secure a tent. A tent is temporary housing. It protects you while in transition. If you don't stake it down well, when storms come you will find yourself in a world of hurt. We are just passing through this world. Faith is our tent for the journey. Engaging regularly in prayer, encouragement, giving, and study, will secure your faith tent to stand up against life's storms. So, for Lent consider tapping your P.E.G.S. in tight by intentionally praying, encouraging, giving and studying everyday. You don't have to take big steps, just a little each day. Here are some suggestions for you:

## Prayer

**Have a specific intention for how you will pray.** A fitting prayer discipline for Lent, which is a season of repentance, would be to end each day with confession. You could examine each day and ask yourself what have I done today that was wrong, or what have I failed to do that I should have. You could also examine your mindset through the day by asking yourself, "How was my heart and mind faithful to God today?"

Another option is to use a prayer model like: A.C.T.S. which stands for Adoration, Confession, Thanksgiving, and Supplication or use a prayer guide. You can find many in your local Christian Bookstore or online. The website, <http://d365.org> provides a daily scripture and prayer.

Stopping there daily could be your prayer and study component.

## Encourage

Therefore encourage one another and build each other up, just as in fact you are doing." 1 Thessalonians 5:11. We are urged in scripture to strengthen one another in faith by encouragement. Encouragement can take lots of forms: listening, applauding, complimenting, challenging, or even gift giving.

## Give

Just like encouragement, giving can take many forms. You can give money, time, efforts, gifts, things you own or talents you have, just to mention a few. Be creative in being selfless with your talents every day.

## Study

A few minutes of reflective reading on Scripture every day can make an amazing difference in your walk with Christ. You may want to consider picking up the hand-out, "John in 40 Days", and use that reading schedule as a guide for the season of Lent.

## Tips for Success

- 1) Read and pray at the beginning of the day or at a set time and you will be more likely to stick with it.
- 2) Brainstorm a list of people you will encourage. Write it down and then pursue an opportunity to do it. If you go into the day just intending to encourage people that you bump into, you are far less likely to succeed at this.
- 3) Similarly, brainstorm ways you can give, write it down and then make it happen.

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