

DAILY ACTIVITIES FOR YOU TO DO DURING THE SEASON OF LENT.

Lent is the 40 days (not counting Sundays) leading up to Easter Sunday. It starts on Ash Wednesday (Feb. 17th) and ends on the Saturday before Easter. It represents the 40 days Jesus was in the wilderness and allows to follow alongside Him to the tomb and resurrection. Please join us as we journey together during the Lenten Season.

2.17

Pray with Psalm 148.

2.18

Plant a flower seed in a small pot. When you look at the pot over the next few weeks, remember that as the seed dies, it brings new, beautiful, life. This is like Jesus' death and resurrection.

2.19

Look around your house to see how many crosses you can find. What do you think about when you see a cross? Go to Youtube.com and search The Power of the Cross by Kristyn Getty.

2.20

Read Mark 14:32-42. Jesus' disciples could not keep their sleepy eyes open to pray. Make a "pray" sign, hang it where you will see it, or put a reminder on your phone and say a prayer when you are reminded.

2.22

Ask your neighbor about their favorite candy or drink. Buy it the next time you are at the store and then leave it on their front door with a note.

2.23

Call a distant relative or a friend in need and chat.

2.24

Embrace your mistakes and shortcomings. Write down what you learned from growing through the mistake or shortcoming.

2.25

Write down 3 people who have hurt you and ask God to help you forgive them.

2.26

Turn off your phone and radio for your commute and settle into the silence

2.27

Read Hebrews 13:8. Keep that verse in mind all day today.

3.01

Pray for peace around the world.

3.02

Watch a sunrise or a sunset and think about how wonderful God's creation is this week.

3.03

Buy lunch or dinner for a co-worker.

3.04

Ask someone "How are you?", mean it and listen.

3.05

Go on a walk and look for a rock. Mark it with a cross. Jesus is our Rock, the Cornerstone, the Foundation of our faith. Read Matthew 21:41-42.

3.06

Post your favorite scripture verse to social media to share with others. If you don't have social media, put the verse in a text and send it to a friend.

3.08

Do something good for someone.

3.09

Thank someone who helped you become better.

3.10

Draw a picture of something you did this week that you were not proud of. Then draw a "redo" picture of what you would do in the same situation if you could do it again.

3.11

Give someone a gift for no reason anonymously.

3.12

Go to youtube.com and search Give Me Faith by elevation worship. Listen to this song and let the lyrics wash over you and become a prayer.

3.13

Some of us have not done a good job of self-care during the Pandemic. Do or buy something special for yourself today (within reason) that will show yourself love and care.

3.15

Affirm somebody with the good he/she has done.

3.16

Choose a charity that you can connect with and support it with a gift.

3.17

St. Patrick said that a shamrock's three leaves are like the Trinity (Father, Son, and Holy Spirit). Find and pick a Shamrock today. Give thanks for God's provision for you.

3.18

Share some of your deepest concerns with Jesus today. Pray and as you do, imagine Jesus in the Garden of Gethsemane understanding your feelings and experiences.

3.19

Carry a rock or other symbolic token with you today. When you touch or hold it, allow it to be a reminder that you have purpose and meaning in God's kingdom.

3.20

Go for a walk and pray for the people that you see or the people that live in the homes that you pass.

3.22

Write a note of gratitude to someone who mentored you in living like Christ.

3.23

Share the gift of a smile. Today smile at everyone and anyone all the time.

3.24

Be God's light today. Be extra kind to someone you do not like.

3.25

Get up early and help with chores (kids) or clean up around the house (adults).

3.26

Be positive, think positive, and say positive words only.

3.27

Make a list of 3 things you can do outside today and do them.

3.29

Remember the list of people who hurt you. Call or send a note to one of them and tell them you have forgiven them.

3.30

Go for a walk in your community or neighborhood. Take a trash bag with you and become an active caretaker of God's creation by picking up trash along the way.

3.31

Call someone you know is a fellow believer and set up a coffee date to share each other's story of your journey with Christ.

4.01

If you go through a drive-thru this week, pay for the person's order behind you.

4.02

Go to youtube.com and search Nothing Else by Cody Comes (live at Passion). Listen to this song and let the lyrics wash over you and become a prayer.

4.03

Go for a walk in your community or neighborhood. Offer a prayer of blessing and comfort as you pass each household.



LENT CALENDAR