

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			17 Ash Wednesday Write down your confession and give it to God	18 Do something good for someone in your workplace/ school/ community	19 Call a distant relative or a friend in need and chat	20 Spend 10 minutes in silence remembering Jesus' ministry
21 Read Psa 25:1-10 Then spend an hour doing something you enjoy	22 Refrain from judging others	23 Make a card for someone who needs extra love	24 Fast during daylight hours	25 Write a prayer to God explaining the habits, behaviors, and sins you want to die	26 Buy someone's coffee or lunch anonymously	27 Exercise today for at least one hour
28 Read Psa 22:23-31 Then spend an hour doing something you enjoy	1 Do something you've been putting off or trying to avoid	2 Place random post-it notes with encouraging messages around your house	3 Pray before and after meals today	4 Put a list of things for which you are grateful in your pocket. Take it out and read it every time you catch yourself complaining	5 Have a conversation with someone you wouldn't normally talk with	6 Slow down today and do everything very deliberately
7 Read Psa 19 Then spend an hour doing something you enjoy	8 Fast a meal. Buy someone else a meal.	9 Send a handwritten letter to a relative who could use some encouragement	10 Embrace your mistakes and shortcomings	11 Fast from social media (Facebook, Twitter, Instagram, Snapchat, etc.)	12 Send a Thank You to someone who has affected your journey	13 Invite someone to go for a walk or hike
14 Read Psa 107:1-3, 17-22 Then spend an hour doing something you enjoy	15 Talk to or call someone you love and tell them what you love about them	16 NO texting today. Try to make voice contact with people	17 Fast from radio or music while in the car and talk to God	18 Pray the Lord's pray 5X today 9am, 12pm, 3pm, 6pm, 9pm	19 Cook a meal for someone and take it to them	20 Say something kind to everyone you encounter today
21 Read Psa 51:1-12 Then spend an hour doing something you enjoy	22 Call someone with whom you've had a falling out and make amends	23 Go thru your closet and select at least one item to give away to someone in need	24 Fast from red meat today (or dairy if you are vegetarian)	25 Spend at least 30 minutes with someone over age of 70 or under age of 5	26 Make a meal with family/friends and eat together. Talk about your day	27 Choose one person and pray for them 3 times today
28 Palm Sunday Read Isaiah 58:1-8 Then spend an hour doing something you enjoy	29 Fast from your favorite treat or hobby	30 Fast from technology: TV, computer, internet, video games, and music *except for work/homework	31 Eat only vegetables today	1 Maundy Thursday Eat only one meal today. Pray during other mealtimes for the hungry.	2 Good Friday Spend 10 minutes in silence remembering Jesus' death	3 Spend the evening with people you love

February

March

April

LENT 2021
FEBRUARY 17TH-
APRIL 3RD

What is Lent/Lenten Season?
Lent is the season in which we practice giving up something important or habitual in order to refocus on God. By fasting from certain things, we practice dying to ourselves. And by refocusing our lives, living to God, we intentionally choose things that help us become the kind of people God desires us to be. This experiential calendar suggests daily practices for fasting-from and living-to during the Lenten season.

These activities are based around prayer, fasting, and service/giving.

This can be used as an alternative to or concurrently with the Daniel's Fast which some people are doing.

