

Su

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Wed

Thu

Fri

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F E B R U A R Y

Read Jonah 1v1-3 and then spend at least one hour doing something you enjoy 21	Write a prayer to God explaining the habits, behaviors, and sins you want to die to 22	Call someone with whom you've had a falling out and make amends 23	ASH WEDNESDAY Have an ash cross put on your forehead 17 Fast during daylight hours 24	Don't text today—just call 18 Do something that you've been putting off or trying to avoid 25	Do some chores around the house that you don't normally do 19 Go for a walk in your neighborhood and pick up any trash that you see 26	Shovel or snowblow your neighbor's driveway 20 Go for a jog 27
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M A R C H

Read Jonah 1v4-17 and then spend at least one hour doing something you enjoy 28	Fast from your favorite treat or hobby 1	Have a conversation with a family member in which you share about one of the most difficult times in your life 2	Spend at least thirty minutes with someone under the age of 5 or over the age of 70 3	Fast from coffee, soda, or alcohol 4	Buy someone's coffee or lunch anonymously 5	Slow down today and do everything very deliberately. Drive slowly, walk slowly, talk slowly, and eat slowly 6
Read Jonah 2v1-10 and then spend at least one hour doing something you enjoy 7	Pray the Lord's Prayer today at 9am, 12pm, 3pm, 6pm, and 9pm 8	Watch the 6 o'clock news today as a family and then pray together about what you saw 9	Pray before and after meals today 10	Fast from technology: tv, computer, internet, video games, and music 11	Make a meal together as a family and then eat and talk about your day 12	Choose one person and pray for them three times today 13
Read Jonah 3v1-10 and then spend at least one hour doing something you enjoy 14	Call your city hall or neighborhood association and ask what the most pressing needs in the community are 15	Go for a walk in your neighborhood and pray for everyone you see 16	Send a handwritten letter to a relative who could use some encouragement 17	Fast from the radio or music while in the car 18	Have a conversation today with someone you wouldn't normally talk to 19	Cook a meal for someone and take it to them 20
Read Jonah 4v1-4 and then spend at least one hour doing something you enjoy 21	Don't use any sarcasm today 22	Put a list of things for which you're grateful in your pocket. Take it out and read it every time you catch yourself complaining 23	Have a conversation with or do something thoughtful for a neighbor or classmate 24	Tell stories as a family tonight by having each person share something that made them laugh this week 25	Give up online social networking for a day [Facebook, Twitter, etc.] 26	Invite someone over for a meal 27
Read Jonah 4v5-11 and then spend at least one hour doing something you enjoy 28	Place random Post-it notes with encouraging messages around the house for your family to find 29	Talk to or call someone you love and tell them what you love about them 30	Eat only one meal today of rice and beans. During the other two meal times, pray for the hungry of the world 31	Don't eat out today and give what you would normally spend anonymously to someone you know who needs it 1	GOOD FRIDAY Go to a good Friday service with your family or a group of people. Spend 10 minutes in silence remembering Jesus' death 2	Spend the evening with people you love 3

A P R I L

Lent Experiential Calendar

Lent is a season in which we practice giving up something important in order to refocus our lives 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 calendar suggests daily practices for fasting-from and living-to during the Lenten season.

