

2020 Lent Experiential Calendar

	FEBRUARY 26- MARCH 1	MARCH 2-8	MARCH 9-15	MARCH 16-22	MARCH 23-29	MARCH 30-APRIL 5	APRIL 6-12
	Connection	Intention	Revolution	Connection	Intention	Revolution	Holy Week
Monday		2 Watch the sunrise or sunset	9 Fast from negative self-talk	16 Feed a friend	23 Start and end your day with a prayer	30 Do something you dislike	6 Read the Passion from one or the Gospels
Tuesday		3 Meditate for 10 minutes	10 Reach out to someone you normally would not	17 Call instead of text	24 Find three things to be thankful for	31 Say a prayer for a social issue	7 Pray for an improvement in a relationship
Wednesday	26 Ash Wednesday: Have an ash cross put on your forehead	4 Pray for someone throughout the day	11 Know your worth- write down 5 good attributes about you & keep it accessible	18 Take more time to listen	25 Fast during lunch	1 Make amends	8 Share your Lent experience with a friend.
Thursday	27 Write someone a hand written note	5 Pray at every stopping point	12 Practice generosity with a stranger	19 Give some compliments	26 Think of a habit or sin that you would like to die this season	2 Plant something today	9 Maundy Thursday: Wash someone else's hands or feet
Friday	28 Focus on building a new relationship	6 Slow down intentionally	13 Pray for an enemy	20 Take a walk in nature	27 Say a prayer before each meal today	3 Dance in the car to your favorite song	10 Good Friday: Spend 10 minutes in silence remembering Jesus' death
Saturday	29 Share a meal with family or friends	7 Share a meal with family or friends	14 Share a meal with family or friends	21 Eat a meal with family or friends	28 Eat a meal with family and friends	4 Eat a meal with family or friends	11 Holy Saturday: Rest
Sunday	1 Tell someone you are thankful for them	8 Take a break from electronics	15 Pray for self-awareness	22 Tell someone you are proud of them	29 Fast from cursing and all unkind words	5 Palm Sunday: wave a branch/leaf and say Hosanna	12 Easter: Celebrate with people you love!

Don't miss these services!

Ash Wednesday services at Noon and 5:30pm, Feb 26

Maundy Thursday Service 7PM, April 9

Community Easter Celebration 10am-1pm, April 4

Share your journey thru Lent and tag us!

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