


LENT 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			FEB 22 Attend Ash Wednesday service. Read Psalm 51. Set your eyes upon Jesus.	23 Fast from social media today. Every time you're tempted to look at your phone, talk to God.	24 Take time to play... perhaps a game of cards, a board game, or a game with a child in your life.	25 Pray for those who are hungry. Donate food to a local food pantry.
26 Attend worship. Contemplate Jesus' invitation to "remember the Sabbath." Find time to rest.	27 Read a parable of Jesus: The Talents, Matthew 25:14-30. <i>God wants us to do our best with our talents.</i>	28 Fast today from any whining, complaining, or criticizing.	MARCH 1 Smile more today, especially at strangers. Take notice of people instead of just hurrying by.	2 Watch the sunrise and/or sunset. Listen to "How Great Thou Art."	3 Look at old photos and give thanks to God for sweet memories.	4 Cherish friendship. Have tea or a meal with a friend that you haven't seen in a while.
5 Attend worship. Practice the spiritual discipline of rest by going to bed at a reasonable time.	6 Read a parable of Jesus: The Vineyard Laborers, Matthew 20:1-15. <i>God is fair and gracious to everyone.</i>	7 Tonight is a full moon. Go outside and see it. Thank God for the wonder of the night sky.	8 Pray for schools... for students, teachers, and staffs. Pray for our education system.	9 Do an act of kindness that helps a coworker or a classmate or someone close.	10 Do something artistic... sketch, color, paint, knit, whittle... ponder our creative Creator.	11 Go outside and notice the birds. Remember Jesus saying "look at the birds... do not worry. "
12 Attend worship. Practice the discipline of rest by taking a nap or a quiet time for a half hour.	13 Read a parable of Jesus: The Mustard Seed, Matthew 13:31-33. <i>God makes things grow.</i>	14 Practice gratitude by sending a thank you note to someone.	15 Pray for those who are sick or dealing with disease. Donate to a health organization.	16 Fast from screens tonight. Be present "in the real world." Listen deeply to your loved ones. Pay attention.	17 Celebrate St. Patrick's Day by learning about the real St. Patrick who loved Jesus.	18 Pick fresh flowers or go buy fresh flowers and give them to someone whose spirit needs lifting.

<p>19 Attend worship. Practice the discipline of rest by sitting still in a comfortable chair for at least 20 minutes.</p>	<p>20 Read a parable of Jesus: The Lost Sheep, Matthew 18:10-14. <i>God cares for each of us.</i></p>	<p>21 Do something kind for a neighbor. Pray for your neighborhood.</p>	<p>22 Pray for leaders locally, nationally, and globally. Pray for more civil discourse.</p>	<p>23 Keep your eyes out for the lonely and those on the margins. Invite them into conversation.</p>	<p>24 Listen to favorite music and/or sing or make music. Share favorite songs with your people.</p>	<p>25 Go on a walk in nature. Notice what's blooming. What new thing might God be trying to bring forth in you?</p>
<p>26 Attend worship. Practice the discipline of rest by doing something whimsical for an hour.</p>	<p>27 Read a parable of Jesus: The Prodigal Son, Luke 15:11-32. <i>God forgives us when we sin.</i></p>	<p>28 Pray for those struggling with poverty or injustice. What can you do today to help?</p>	<p>29 Take a moment to remember that God delights over you (Zephaniah 3:17). It's true; God loves you.</p>	<p>30 Clean an area in your home. Ponder the connection of cleaning space and cleaning our hearts.</p>	<p>31 Try a new recipe (or food). As you cook, give God thanks for the blessing of healthy and tasty food.</p>	<p>April 1 Instead of playing a trick on someone, surprise someone with kindness.</p>
<p>2 Attend Palm Sunday worship. Practice the spiritual discipline of rest by curling up with a book or magazine.</p>	<p>3 Enter this Holy Week with quiet thoughtfulness. Spend some time in silence. Write a note or prayer to Jesus.</p>	<p>4 Ponder forgiveness. Is there forgiveness you need to extend to yourself and/or others?</p>	<p>5 Invite someone to Easter worship by personal invite and/or by sharing a post on social media.</p>	<p>6 Attend a Maundy Thursday service. Read John 13.</p>	<p>7 Attend a Good Friday service. Read Luke 23:26-43.</p>	<p>8 Notice butterflies today - and other signs of new life. What is bringing you hope these days?</p>
<p>9 EASTER! When you awake, say, "He is risen!" Attend an Easter worship service. Read Luke 24:1-12.</p>	<p><i>Keep Walking with Jesus</i></p>					