

# LENT 2021

February

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

*Ash Wednesday*

Consider how you want to live this Lent. Present yourself to God in prayer

Establish a prayer schedule and commit to it throughout Lent

Make a list of your Lenten intentions and keep it where you can see it each day

Live today with an awareness of God's amazing love for you

1st week: FASTING

Fast from a favorite food

Fast from screen time on digital devices

Fast from a vice that controls your life

Fast from activity and noise; choose moments of quiet for reflection or reading

Fast from negativity and criticism

Fast from excessive use of water

Visit the March calendar



# LENT 2021



## March

2nd week  
PRAYER

3rd week:  
CLEANSING

4th week:  
BELIEVE

5th week:  
ALMSGIVING

Holy week:  
PRESENCE

April

28

Pray with and reflect on today's scripture readings

1

Pray for someone you know who is struggling

2

Pray for all who have Covid-19 and their loved ones

3

Pray for medical personnel, teachers and essential workers

4

Pray for someone you don't like, ask God to help you see them differently

6

Write a prayer of gratitude

7

As you prepare for the day, ask God to cleanse you of a burden that holds you down

8

Extend forgiveness to someone who needs that grace from you

9

What does humility require of you; walk with this virtue today

10

Be mindful of someone who needs your love today~ extend it

11

Do you idolize something/one that distracts you from serving God

12

Clean out your closet and give away clothes you do not need

13

14

Look for the presence of Jesus in the events and people you interact with

15

In what ways do you wish to be made well? Do you believe?

16

How has God been gracious and merciful to you? Pass it on!

17

Read today's gospel, how does it strengthen your belief in God

18

Believe God is using you and consider who needs your presence

19

Pray this mantra: "God I believe, help my unbelief"

20

21

Do a random act of kindness for someone who least expects it

22

Donate to a local food pantry

23

Send a note to a friend sharing 3 reasons why you appreciate them

24

Pay for car behind you in drive-thru

25

Give an hour of your time to someone in need

26

Create a social post that reflects kindness and encouragement

27

Palm Sunday

28

Sit quietly for 20 minutes, focus on your breathing

29

Walk outside, attune your senses to the elements of creation

30

Be present to an elderly neighbor by checking in on them

31

Integrate 1 act of PRAYER into your daily routine beyond Lent

Good Friday

2

Integrate 1 act of FASTING into your life beyond Lent

Holy Saturday

3

Integrate 1 act of ALMSGIVING into your life beyond Lent