

Su Mo Tu We Th Fr Sa

LENT

season of preparation

W. 1
begin

ASH WEDNESDAY
Come to the Ash
Wednesday Service
at 7:00 pm
2/22

Begin with a fast
today from your
favorite hobby or
treat
2/23

Write down your
desires/ goals for
Lent on a card
and hang it in a
prominent place in
your home
2/24

Share with someone
what you're asking
God to do in your
life during Lent and
ask them to pray for
you
2/25

w. 2
pace

Read Psalm
25.1-10 and then
spend at least one
hour doing
something you
enjoy
2/26

Slow down today
and do everything
very deliberately.
Drive slowly, walk
slowly, talk slowly,
etc.
2/27

Read Psalm 46
three times and
reflect on being still
and knowing that
He is God
2/28

Pray the Lord's
Prayer today at
9am, 12pm, 3pm,
6pm, and 9pm
2/29

Eat slowly today
3/1

Wake up an hour
earlier and write a
letter to God
thanking Him
3/2

Get at least 8 hours
of sleep tonight
3/3

w. 3
food

Read Psalm
22.23-31 and then
spend at least one
hour doing
something you
enjoy
3/4

Fast from coffee,
soda, or alcohol
3/5

Read 2 Corinthians
6.12-20 three times
and reflect on the
way hunger drives
you
3/6

Pray before and
after meals today
3/7

Read Matthew
6.16-18 and then
fast today during
daylight hours
3/8

Have someone over
for dinner
3/9

Cook a meal for
someone and take it
to them
3/10

Lent 2012 Experiential Calendar

Lent is a season in which we abstain from certain good things in order to focus our lives more intently on God. By fasting and refocusing our lives we practice dying to ourselves and living to God. We purposefully choose things that help us reflect the kind of people God desires us to be. This calendar suggests daily practices for fasting-from and living-to during the Lenten season.

w. 4
people

Su Mo Tu We Th Fr Sa

Read Psalm 19 and
then spend at least
one hour doing
something you
enjoy
3/11

Have a conversation
today with someone
you wouldn't
normally talk to
3/12

Read Romans
12.14-18 three
times and reflect on
the strained
relationships in your
life
3/13

Choose one person
and pray for them
three times today
3/14

To the best of your
ability, spend today
in silence and
solitude
3/15

Talk to or call
someone you love
and tell them why
you love them
3/16

Call someone with
whom you've had a
falling out and make
amends
3/17

w. 5
serve

Read Psalm
107.1-3, 17-22 and
then spend at least
one hour doing
something you
enjoy
3/18

Do some chores
around the house
that you don't
normally do
3/19

Read Mark
10.42-45 three
times and reflect on
the ways Jesus
serves you
3/20

Go for a prayer walk
in your neighbor-
hood and pick up
any trash you see
3/21

Do something that
you've been putting
off or trying to avoid
3/22

Buy someone's
lunch or coffee
anonymously
3/23

Do something that
you've been putting
off or trying to avoid
3/24

w. 6
media

Read Psalm
51.1-12 and then
spend at least one
hour doing
something you
enjoy
3/25

Don't text
today--just call
3/26

Download and listen
to a sermon posted
on the City
3/27

Click the "Prayers"
tab on the City
homepage and pray
through the
requests
3/28

Fast from music and
the radio while in
the car
3/29

Watch a movie with
friends or family and
discuss it afterwards
3/30

Fast from technology
- tv, computer, smart
phones, video
games, and music
3/31

w. 7
words

Read Psalm
31.9-16 and then
spend at least one
hour doing
something you
enjoy
4/1

Don't use any
sarcasm today
4/2

Read Ephesians 5.4
three times and
reflect on the way
you use words
4/3

Write a prayer of
thanksgiving to God
4/4

Spend 30-60
minutes in
self-imposed silence
4/5

GOOD FRIDAY
Go to the Good
Friday service with
your family or
friends.
4/6

Share the evening
with people you
love, telling them
about your lenten
experience
4/7

