

LENT PRACTICES 2020

Do each activity for each day to give special significance to this season

SUN	MON	TUE	WED	THU	FRI	SAT
			FEB 26 Attend Ash Wednesday worship.	27 Pray for those in need.	28 Say something encouraging to another.	29 Go without dessert today.
MAR 1 Meditate on the scripture read in church.	2 Listen to music that encourages your spirit.	3 Fast from social media.	4 Choose to let go of a long-held grudge.	5 Do a chore for another in your family or for a neighbor.	6 Encourage a child.	7 Give away something.
8 Learn about those who live below the poverty line.	9 Avoid saying mean things in your car to other drivers.	10 Skip snacks today.	11 Pray for someone with whom you disagree.	12 Fast from negativity.	13 Give groceries to a local food collection.	14 Write to an elected representative about the needs of the poor.
15 Spend 30 minutes in silence.	16 Pay attention to someone you may have ignored.	17 Fast from complaining.	18 Memorize a scripture verse.	19 Eat simple meals today.	20 Find a way you can volunteer.	21 Go to coffee or lunch with someone who encourages you.
22 List five things for which you are thankful.	23 Read Psalm 130.	24 Fast from gossip.	25 Seek reconciliation with someone you may have hurt.	26 Skip second helpings at meals today.	27 Give up believing you have to fix everything.	28 Visit someone who is sick or in the nursing home.
29 Sing a hymn or praise song.	30 Give to an organization that helps those in need in your community.	31 Write a note of encouragement.	APR 1 Do something that frightens you.	2 Learn about the experience of a person from a different race.	3 Spend 15 minutes in silence.	4 Watch a movie that encourages you.
5 Take a quiet walk.	6 Choose to forgive someone.	7 Speak less and listen more.	8 Give an extra tip to a service worker.	9 Join in Maundy Thursday worship.	10 Meditate on Jesus' time on the cross.	11 Spend 30 minutes in silence, reflecting on Jesus in the tomb.
12 Attend Easter worship.						