



# LENT 2021

|   |  |   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|---|---|--|--|--|
|   |  |   | <b>17</b> Read Mark 1:13 and contemplate 40 days alone in the wilderness.<br><b>Ash Wednesday</b> | <b>18</b> Listen to the hymn "The Old Rugged Cross."   | <b>19</b> Improve your outlook; learn something new.   | <b>20</b> Give an anonymous gift to someone isolated.  |
| Sunday                                      | Monday   | Tuesday   |   |  |  |  |
| <b>21</b> Worship                           | <b>22</b> Find a quiet place to meditate and pray.                         | <b>23</b> Listen to "Be Still" by the Fray.   | <b>24</b> Write a hand-written letter to someone.   | <b>25</b> Read Matthew 11:25-29.   | <b>26</b> Pay for the car behind you in a drive through.   | <b>27</b> Have a long phone call with family.  |
| <b>28</b> Worship                           | <b>1</b> Tell a person you appreciate them.                                | <b>2</b> Share with a family member a fond memory you have with them.   | <b>3</b> Write a note to someone with whom you have lost contact.                                 | <b>4</b> Make a sweet treat for your neighbors.  | <b>5</b> Read Mark 12:30-32 and Luke 6:31.   | <b>6</b> Make a review for your favorite place or restaurant.                                  |
| <b>7</b> Worship                            | <b>8</b> Enjoy the gift of giving time to a cause for those in need.       | <b>9</b> Meditate for 5 min. Focus on breathing in the breath of life and breathe out your worries & stressors. | <b>10</b> Read 1 Thessalonians 5:16-18; pray for yourself or someone in need.                     | <b>11</b> Think of a question to ask Jesus if you could take a walk with him today.                          | <b>12</b> Look out your window at God's creation. See the wonder of it, notice the intricacies and beauty of it. | <b>13</b> Take time to draw and/or color a picture today and as you do so say a prayer to God. |
| <b>14</b> Worship                           | <b>15</b> Close your eyes and take a few moments to be thankful for today. | <b>16</b> Appreciate those who serve without thought for recognition. Try to be that person.                    | <b>17</b> Think about Philippians 4:13 "I can do all this through him that gives me strength."    | <b>18</b> Watch "Sunshine in My Soul, The Tabernacle Choir at Temple Square."                                | <b>19</b> Look for ways to rejoice in the presence of the Lord.  | <b>20</b> Listen to John Denver and the Muppets sing "It's in Every One of Us."                |
| <b>21</b> Worship                           | <b>22</b> Write a Thank You note to someone who has been extra kind.       | <b>23</b> Close your eyes and say "I have Sunshine in my Soul Today."   | <b>24</b> Let a person go ahead of you in line when they seem stressed.                           | <b>25</b> Get your Bible, close your eyes and open to a page to read.  | <b>26</b> Apologize to someone you hurt.   | <b>27</b> Call someone to listen to them.  |
| <b>28</b> Worship<br><br><b>Palm Sunday</b> | <b>29</b> Buy a warm meal for someone in need.                             | <b>30</b> Read the poem "Desiderata" by Max Ehrmann.  | <b>31</b> Read 1 John 3: 17-18 and donate to or pray for PADS.                                    | <b>1</b> Read Matthew 6:25-34. Try to let go of those things you are worrying about.<br><b>Maundy Sunday</b> | <b>2</b> Draw a picture of what forgiveness looks like to you.<br><b>Good Friday</b>                             | <b>3</b> Call or text a member of your family that you have not seen in a while.               |
| <b>4</b> Worship<br><br><b>Easter</b>       |  |   |   |  |  |  |