

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ASH WEDNESDAY

Have an ash cross put on your forehead

22

Don't text today—just call

23

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

24

Shovel or snowblow your neighbor's driveway

25

FEBRUARY

Read Jonah 1v1-3 and then spend at least one hour doing something you enjoy

26

Write a prayer to God explaining the habits, behaviors, and sins you want to die to

27

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

28

Fast from Breakfast and Lunch

29

MARCH

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

1

Go for a walk in your neighborhood and pick up any trash that you see

2

Go for a jog

3

Read Jonah 1v4-17 and then spend at least one hour doing something you enjoy

4

Fast from your favorite treat or hobby

5

Have a conversation with a family member in which you share about one of the most difficult times in your life

6

Spend at least thirty minutes with someone under the age of 5 or over the age of 70

7

Fast from coffee, soda, or alcohol

8

Buy someone's coffee or lunch anonymously

9

Slow down today and do everything very deliberately. Drive slowly, walk slowly, talk slowly, and eat slowly

10

Read Jonah 2v1-10 and then spend at least one hour doing something you enjoy

11

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

12

Watch the 6 o'clock news today as a family and then pray together about what you saw

13

Pray before and after meals today

14

Fast from technology: TV, computer, internet, video games, and music

15

Make a meal together as a family and then eat and talk about your day

16

Choose one person and pray for them three times today

17

Read Jonah 3v1-10 and then spend at least one hour doing something you enjoy

18

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

19

Go for a walk in your neighborhood and pray for everyone you see

20

Send a handwritten letter to a relative who could use some encouragement

21

Fast from the radio or music while in the car

22

Don't eat out today and give what you would normally spend anonymously to someone you know who needs it

23

Cook a meal for someone and take it to them

24

Read Jonah 4v1-4 and then spend at least one hour doing something you enjoy

25

Don't use any sarcasm today

26

Put a list of things for which you're grateful in your pocket. Take it out and read it every time you catch yourself complaining

27

Have a conversation with or do something thoughtful for a neighbor or classmate

28

Tell stories as a family tonight by having each person share something that made them laugh this week

29

Give up online social networking for a day [Facebook, Twitter, etc.]

30

Invite someone over for a meal

31

APRIL

Read Jonah 4v5-11 and then spend at least one hour doing something you enjoy

1

Place random Post-it notes with encouraging messages around the house for your family to find

2

Talk to or call someone you love and tell them what you love about them

3

Eat only one meal today of rice and beans. During the other two meal times, pray for the hungry of the world

4

Attend a Maundy Thursday Service At your church or any church.

5

GOOD FRIDAY
Go to a Good Friday service with your family or a group of people. Spend 10 minutes in silence remembering Jesus' death

6

Spend the evening with people you love

7

Lent 2012 Experiential Calendar

Lent is a season in which we practice giving up something important in order to refocus our lives on God. By fasting from certain things, we practice dying to ourselves. And by refocusing our lives, living to God, we intentionally choose things that help us become the kind of people God desires us to be. This calendar suggests daily practices for fasting-from and living-to during the Lenten season.



If you would like to blog some of your thoughts along the journey, find our Hilltop United Methodist Church Facebook Page.

