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FEBRUARY

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

21

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

22

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

23

ASH WEDNESDAY
Have an ash cross put on your forehead

17

Fast during daylight hours

24

Don't text today—just call

18

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

25

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

19

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

26

Shovel or snowblow your neighbor's driveway

20

Go for a jog

27

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

28

Fast from your favorite treat or hobby

1

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

2

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

3

Fast from coffee, soda, or alcohol

4

Buy someone's coffee or lunch anonymously

5

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

6

MARCH

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

7

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

8

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

9

Pray before and after meals today

10

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

11

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

12

Choose one person and pray for them three times today

13

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

14

Call your city hall or neighborhood association and ask what the most pressing needs in the community are

15

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

16

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

17

Fast from the radio or music while in the car

18

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

19

Cook a meal for someone and take it to them

20

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

21

Don't use any sarcasm today

22

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

23

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

24

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

25

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

26

Invite someone over for a meal

27

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

28

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

29

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

30

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

31

APRIL

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

1

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

2

Spend the evening with people you love

3

Lent 2010 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.