

# St. Paul's United Church of Christ German Township

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|--|--|--|---|--|--|---|
|  <h2>Lent Calendar</h2> |  |  | 26<br>Attend Ash Wednesday service.   | 27<br>Make a list of 5 things for which you are grateful.                          | 28<br>Make one car trip today in silence-no radio, phone or music.       | 29<br>Call someone whom you haven't talked to recently.                         |
| 1<br>Pray for someone with whom you have a disagreement  | 2<br>Do something kind for someone   | 3<br>Stay off social media for the day.  | 4<br>Go all day without complaining.  | 5<br>Read Matthew 21-25  | 6<br>Send a card to someone in a care facility. Include a personal note. | 7<br>Pray for your church.  |
| 8<br>Have a conversation with someone you would not normally visit with.                                 | 9<br>Buy (or cook) lunch for someone today.  | 10<br>Drink water with your meals & pray for those who don't have clean water. | 11<br>Give someone a sincere compliment.                                      | 12<br>Write a note to someone who made a difference in your life and tell them so. | 13<br>Read Mark 11-13.   | 14<br>Spend some time contemplating your sins and ask for forgiveness           |
| 15<br>Pray for those who live in war-torn countries.   | 16<br>Make a donation to a charity you haven't supported before.   | 17<br>Go all day without gossiping.  | 18<br>Make a list of 5 things you like about yourself and thank God for them. | 19<br>Read Luke 19-21.   | 20<br>Buy coffee for a stranger.   | 21<br>Look for a stranger for whom you can pray and do so without them knowing. |
| 22<br>Spend time reflecting on a part of the worship service that was meaningful to you.                 | 23<br>Write a note to someone you feel has wronged you.  | 24<br>Buy groceries and donate them to a food pantry.                          | 25<br>Find someone who is overlooked and thank them for what they do.         | 26<br>Pray for missionaries who serve in other countries.                          | 27<br>Read John 12-17.   | 28<br>Take a walk and pick up litter along the way.                             |
| 29<br>Greet 6 people at church that you don't usually interact with.                                     | 30<br>Read Matthew 26-28   | 31<br>Go without junk food today. Thank God for healthy food.                  | 1<br>Replace every thought of worry with a prayer of thanksgiving.            | 2<br>Spend 15 minutes sitting in silence and listening to God.                     | 3<br>Send a card or write a note to someone who needs encouragement      | 4<br>Read Mark 14-16  |
| 5<br>Do a chore that is not "your job."  | 6<br>Invite someone to go to worship with you.   | 7<br>Read Luke 22-24   | 8<br>Smile at everyone you encounter today.                                   | 9<br>Attend the Maundy Thursday service.   | 10<br>Read John 18-20  | 11<br>Sing the Doxology together before your evening meal.                      |
| 12<br>Rejoice in the risen Lord!   | <p><b>Please, Lord, give me the strength and the courage to live this season faithfully, so that, when Easter comes, I will be able to taste with joy the new life, which you have prepared for me. Amen.</b></p> <p><b>Henri Nouwen</b></p> |  |   |  |  |   |