

Journey Through Lent - Calendar 2020 - St. Andrew's Stittsville

SUN	MON	TUE	WED	THU	FRI	SAT
March 1 Lent 1 – Journey in the wilderness - Communion	2 💖 Pray for someone you know is in need.	3 🚫 Put away all your screens from supertime until bedtime.	4 ✚ Read a Bible Verse: Luke 5:27-32 Luke 8:1-3	5 ❤️ Phone someone you haven't spoken to in a long time and tell them how important they are to you.	6 🚫 Go to your closet and choose some clothes to give away to someone in need.	7 ❤️ Bake for someone and surprise them with it.
8 Lent 2 – Journey together in community Also Birthday Cake Sunday!	9 🙏 Pray for a political leader.	10 💖 Write a letter to a member of government about something you are passionate about.	11 ✚ Read a Bible Verse: Psalm 95	12 🚫 No dessert or sweet treats today.	13 🙏 Pray for someone you don't like very much.	14 💖 Do a random act of kindness for someone.
15 Lent 3 – Journey to Easter – Mark Ward Preaching	16 ✚ Close your eyes and listen to a song that touches you deeply and draws you closer to God.	17 🙏 Pray for our church family	18 ✚ Read a Bible Verse: Luke 13:18-21	19 ❤️ Write a letter to a member of government telling them something you appreciate about their work.	20 🙏 Pray for someone you heard about in the news who you have never met.	21 🚫 No dessert or sweet treats today.
22 Lent 4 – Journey in baby steps – PMC Youth Retreat Weekend	23 ❤️ Write a letter to a family member reminding them of something you did together that still makes you laugh.	24 🚫 Don't eat anything between meals.	25 ✚ Read a Bible Verse: Acts 9:1-19	26 💖 Think of something new you can do for the environment - God's creation.	27 🙏 Pray for someone you know is in need.	28 ❤️ Write a letter to a friend and tell them what you appreciate about them.
29 Lent 5 – The Journey changes direction	30 🚫 Drink only water as your beverage today and be thankful for clean water.	31 🙏 Pray for someone who you know is in need.	April 1 ✚ Read a Bible Verse: Luke 19:28-44	2 ❤️ Email or mail an old picture to someone you have not seen for a while.	3 🚫 No dessert or sweet treats today.	4 💖 Read or listen to a news source you disagree with... and listen.
5 Lent 6 – Palm Sunday 💖 Bring in a food bank donation	6 ✚ Luke 22:1-6 🙏 Pray for those who struggle with hard decisions	7 ✚ Luke 22:24-27 🙏 Pray for those who choose to spend their lives serving others.	8 ✚ Luke 22:31-34 🙏 Pray for those who try... and fail.	9 ✚ Luke 22:7-23 🙏 Pray for those who are hungry and thirsty.	10 ✚ Luke 22:39- Luke 23:56 🙏 Pray for those who try to do the right thing.	11 ✚ Psalm 46 🙏 Pray for yourself - for peace and calm.

Life and Lent in balance. Lent is not only about giving things up. If you have given something up, that is great. Whenever you crave that thing think about Jesus in the wilderness and say a prayer for others in need. You can also do new things in Lent and you can take time to think about others. It is my hope that this calendar will help you think about giving things up, taking on new things, think about and pray for others, and take a few moments to be still in God's presence.

- ❤️ Sharing love with others.
- 🚫 Giving something up for a while
- 🙏 Praying for others
- ✚ Deepening faith
- 💖 Faith in action