

Visit faithward.org/lentcalendar for additional resources to help you engage in these daily discipleship activities.

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	Ash Wednesday Observe Ash Wednesday and reflect on its meaning.	22 Practice listening prayer; invite God to speak to you in prayer and listen to what the Holy Spirit reveals.	23 Fast for the day (or a portion of the day) and dedicate typical meal times to prayer.	24 Donate at least three things that no longer give you joy.
26	27 Read your Bible in a new place, for new perspective.	28 Spend 30 minutes or an hour in silence, connecting with God.				

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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Send a note or a text to someone who is stuck at home right now.	2 Fast from social media.	3 Cook a meatless meal.	4 Write a personal or family mission statement.
5 Read or listen to the insights of a theologian from a different culture.	6 Tell someone how you see God using their gifts.	7 Pray a Lenten prayer of confession.	8 Listen to a worship song in another language.	9 Read Micah 6:8 aloud and reflect on how to apply it to your life.	10 Give generously of your time, money, or other resources.	11
12 Read the Belhar Confession; pray for racial reconciliation and justice.	13 Practice centering prayer; guided by the Spirit, choose a sacred word and pray over that word for 20 minutes.	14 Pick one way to make your church more accommodating toward people with disabilities.	15 Write a note or letter to a missionary.	16 Make pretzels, a traditional Lenten treat.	17 Share your Lent pretzels or another treat with your neighbors.	18
19 Identify at least one way you can practice equitable hospitality.	20 Read, meditate, and pray using lectio divina.	21 Write a psalm of lament.	22 Talk to someone whose interpretation of Scripture is different from yours.	23 Unplug. Read a book, pray, or spend time with others instead.	24 Ask someone (who might need a friend!) to join you for a meal.	25
26 Evaluate your church's accessibility for people with disabilities.	27 Pray throughout the day with the Divine Hours (set times of the day for prayer).	28 Pray the Lord's Prayer.	29 Write your faith story.	30 Volunteer at or support a local non-profit that you care about.	31	

LENT DISCIPLESHIP CALENDAR



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April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Make resurrection eggs (especially great for kids!).
Palm Sunday 2	3 Write a note of encouragement to your pastor(s).	4 Go for a prayer walk.	5 Share your faith story with someone.	6 Maundy Thursday Make and eat a Christian Seder supper.	7 Good Friday Read Luke 22:47-53. Reflect on a moment when you have betrayed Jesus and pray for forgiveness. OR Participate in a Tenebrae service.	8 Get to know a neighbor of a different faith.
Easter 9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29