

Lent 2023

A season of renewal

This Lent, our Wednesday worship will focus on the theme of renewal and healing. Lent consists of 40 days beginning on Ash Wednesday and ending on Easter Eve. Sundays are not included. May the activities on this calendar help your Lenten journey and provide renewal for you or another. Use any or all as suggestions.

Day 1 (February 22)

Attend Ash Wednesday worship (7:00 PM)
"O come, let us worship and bow down...before the Lord."
Psalm 95:6

Day 2 (February 23)

Surprise someone with a special note, phone call or text message today
"In the same way, let your light shine before others."
Matthew 5:16

Day 3 (February 24)

Draw a picture of something you wish to thank God for
"Ogive thanks to the Lord, for he is good; for his steadfast love endures forever."
1 Chronicles 16:34

Day 4 (February 25)

Give someone a hug
"He will feed his flock like a shepherd; he will gather the lambs in his arms."
Isaiah 40:11

Day 5 (February 27)

Share a meal with someone
"Do not neglect to do good and to share what you have."
Hebrews 13:16

Day 6 (February 28)

Pray for someone who is ill
"The prayer of faith will save the sick, and the Lord will raise them up."-James 5:15

Day 7 (March 1)

Attend Lent Meal (6:15 PM) and Prayer Around the Cross Worship (7:00 PM)
"They devoted themselves to...fellowship, breaking of bread & prayers." Acts 2:42

Day 8 (March 2)

Read from the Bible
"Be attentive to my words... For they are life to those who find them, and healing to all their flesh."-Proverbs 4:20-22

Day 9 (March 3)

Give someone a compliment
"Each of us must please our neighbor for the good purpose of building up the neighbor."-Romans 15:2

Day 10 (March 4)

Do something that brings you joy
"A cheerful heart is a good medicine, but a downcast spirit dries up the bones."
Proverbs 17:22

Day 11 (March 6)

Give up something today
"Yet even now, says the LORD, return to me with all your heart, with fasting... for he is gracious and merciful...abounding in steadfast love."-Joel 2:12-13

Day 12 (March 7)

Dip your fingers in water, trace the cross upon your forehead or a loved one & remember your baptism.
"As many of you as were baptized into Christ have clothed yourselves with Christ."-Galatians 3:27

Day 13 (March 8)

Attend Lent Meal (6:15 PM) and Prayer Around the Cross Worship (7:00 PM)
"Where two or three are gathered in my name, I am there among them."
Matthew 18:20

Day 14 (March 9)

Write a prayer of confession to God
"If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness."-1 John 1:9

Day 15 (March 10)

Go through items you no longer use and give them away
"Do not store up for yourselves treasures on earth."
Matthew 6:19

Day 16 (March 11)

Take a photo of something beautiful in God's creation
The heavens are telling the glory of God; and...proclaims his handiwork."
Psalm 19:1

Day 17 (March 13)

Forgive someone
"One who forgives...fosters friendship, but one who dwells on disputes will alienate a friend."-Proverbs 17:9

Day 18 (March 14)

Hold the door open for someone today
"Do to others as you would have them do to you."
Luke 6:31

Day 19 (March 15)

Draw a picture of something that is worrying you and entrust it to God
"Cast all your anxiety on him, because he cares for you."
1 Peter 5:7

Day 20 (March 16)

Laugh today!
"Our mouth was filled with laughter, and our tongue with shouts of joy."
Psalm 126:2

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Day 21 (March 17)

Memorize a Bible verse
"Your word is a lamp to my feet and a light to my path."
Psalm 119:105

Day 22 (March 18)

Go for a walk and pray for your neighbors
"You shall love your neighbor as yourself."-Mark 12:31

Day 23 (March 20)

Perform a random act of kindness
"The fruit of the Spirit is...kindness."-Galatians 5:22

Day 24 (March 21)

Be silent and still for 10 minutes. Turn off your phone.
"Be still, and know that I am God!"-Psalm 46:10

Day 25 (March 22)

Attend Lent Meal (6:15 PM) and Prayer Around the Cross Worship (7:00 PM)
"Come and pray to me, I will hear you."
Jeremiah 29:12

Day 26 (March 23)

Volunteer to assist Pastor Chad with monthly worship at Crestview or send a card, call or visit someone who is homebound or in an extended care facility.

Day 27 (March 24)

Donate food to the pantry.
"If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness."-Isaiah 58:10

Day 28 (March 25)

Give yourself permission and space to mourn a loss
"Blessed are those who mourn, for they will be comforted."-Matthew 5:4

Day 29 (March 27)

Listen to a favorite hymn or Christian song
"Praise the LORD, for the LORD is good; sing to his name, for he is gracious."
Psalm 35:5

Day 30 (March 28)

Stretch your legs and go for a walk
"Even though I walk through the darkest valley, I fear no evil; for you are with me."
Psalm 23:4

Day 31 (March 29)

Attend Lent Meal (6:15 PM) and Prayer Around the Cross Worship (7:00 PM)
"You shall worship the LORD your God.."-Exodus 23:25

Day 32 (March 30)

Pray for someone who has been mean to you
"I say to you, love your enemies and pray for those who persecute you."
Matthew 5:44

Day 33 (March 31)

Trace your hand. List something or someone you are grateful for on each finger.
"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."-1 Thessalonians 5:18

Day 34 (April 1)

Take a nap
"On the seventh day God finished the work that he had done, and he rested."
Genesis 2:2

Day 35 (April 3)

Smile

"Peace begins with a smile."
Mother Teresa

Day 36 (April 4)

Try something new
"So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!"
2 Corinthians 5:17

Day 37 (April 5)

Make a cross with things you find in nature
"He bore our sins on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed."-1 Peter 2:24

Day 38 (April 6)

Attend Maundy Thursday worship (7:00 PM)
"I give you a new commandment, that you love one another."-John 13:34

Day 39 (April 7)

Attend Good Friday worship (7:00 PM)
When the centurion saw that ...Jesus breathed his last, he said, "Truly this man was God's Son!"-Mark 15:39

Day 40 (April 8)

Talk with someone about why we celebrate Easter
"He is not here; for he has been raised."-Matthew 28:6