

LENT 2013

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



13 FEBRUARY

Ash Wednesday: It's Ash Wednesday, the first day of Lent. Read Psalm 51:10-12. Consider what creating a clean heart requires. Ask God to help.

14 FEBRUARY

Lent commemorates the 40 days Jesus spent wandering in the wilderness. Go for a solitary wander through your neighborhood, with no destination in mind. Notice everything. Notice yourself.

15 FEBRUARY

Fish on Fridays is a Catholic tradition, and not a bad idea. Eating fish twice a week is recommended by the American Heart Association. Good for your brain, too.

16 FEBRUARY

If Saturday is your errand day, add this to your list: Go to the grocery store, get ten good food items and drop them off at a local food bank or shelter. If you have kids, take them with you to pick out the food and deliver it.

17 FEBRUARY

Sundays are actually "in" Lent but not "of" Lent. Sundays aren't counted in the 40 days because Sunday is always a "little Easter." Try shouting for joy somewhere, sometime today because it's a "little Easter."

18 FEBRUARY

Lent is a season of repentance. Look at your life. Is there something you are sorry for? Ask God for forgiveness, and after that, move on to human reconciliation.

19 FEBRUARY

Pray for everyone who brought your food to you today: the growers, harvesters, cooks, and servers.

20 FEBRUARY

Return things that don't belong to you: overdue library books, the Netflix movie that's been lying around, that Tupperware container (please wash first).

21 FEBRUARY

If you don't already, start saying grace before your meals. You can do it silently or start a new practice in your household with others.

22 FEBRUARY

Clear out the pessimism. Someone said, "Some see the glass half empty, some see it half-full. I'm just glad to have a glass!"

23 FEBRUARY

Clear out the chatter. Really listen to other people today. Don't just wait for your turn to talk. Life might get more interesting.

24 FEBRUARY

Remember someone you have loved and lost. Sadness and grief have their place in Lent. The pain of loss is the cost of loving well. Risk it.

25 FEBRUARY

Jesus says even tiny faith can move mountains. What are the "mountains" you could move with the faith you already have?

26 FEBRUARY

Whatever you have too much of, get rid of some of it today. This might mean a trip to Goodwill or one less trip to the refrigerator or an apology you need to make.

27 FEBRUARY

Give up caffeine, sugar, or meat for today. How did your body, mind and soul feel?

28 FEBRUARY

February is a short month, but don't let it rush you. Slow down today.

1 MARCH

A couple of weeks ago, you practiced repentance and asked for forgiveness and reconciliation. How's that going? Spend some time in thoughtful prayer.

2 MARCH

In the spirit of Easter, think of three old things you're going to stop worrying about and three new things you're going to look forward to instead.

3 MARCH

Sunday is your little Easter, your day to abandon whatever discipline you have taken up for Lent. Have a donut!

4 MARCH

Clear your calendar. If you're over-scheduled, find one thing to cut out so you can have saner days.

5 MARCH

Look in the mirror and compliment yourself. Yes, you'll feel silly. Do it anyway.

6 MARCH

Make medical appointments you've been putting off. Thank God if you have insurance. Pray for those who don't. Educate yourself with facts, not opinions, about health care reform.

7 MARCH

This is the 20th day of Lent, the half-way mark in the 40 days. Instead of waiting for someone to meet you halfway on something, go all the way to them. Initiate a call or send a note.

8 MARCH

Take a risk, confront something controversial. Following Jesus requires more than just enjoying the blessings of faith.

9 MARCH

Say goodbye to someone you need to say goodbye to. Whatever the circumstances, good or bad, remember that "goodbye" comes from "God be with you."

10 MARCH

Daylight Savings Time begins today. Don't be late for church! Go to bed an hour earlier tonight.

11 MARCH

Clear out some of life's clutter. Make a plan or take a first step toward quitting a bad habit.

12 MARCH

Delight in the weather, whatever it is.

13 MARCH

Faith is memory before it's hope. Remember how you've made it through hard times. You can trust that you'll make it through again.

14 MARCH

Wash your car. Thank God you have a car. Find out if there's someone who needs a ride to church on Sunday. Or anywhere else, on any day.

15 MARCH

Ask others for help. Consider paying for help you need, if possible. Clear out guilt and martyrdom.

16 MARCH

When you give God priority everything else falls into place. You'll become hopeful when before you were anxious.

17 MARCH

Sing "When Irish Eyes are Smiling" in the shower today. Find it on YouTube.

18 MARCH

What do you spend so much time, energy, and money on that somebody else would think it's the God you worship? Consider finding a symbol for it, taking it out back, and smashing it.

19 MARCH

Hand out at least three heartfelt compliments today.

20 MARCH

Today is the Spring Equinox, when we have the same amount of darkness and light in the day—a perfect balance. Think about what's out of balance for you. Pray for the wisdom to put it right.

21 MARCH

Attempt to cook something you've never made before, whether it's basic like scrambled eggs or fancy, like—well, pick something from Julia Child. Say grace before eating.

22 MARCH

Today is March 22. Clear out some clutter by finding 22 things in your home to give away, throw away, or recycle.

23 MARCH

Lent is a time for taking stock . . . and taking responsibility. What burdens and blame have you shifted onto others that really are yours to handle?

24 MARCH

Palm Sunday: Fold your palm fronds into a cross. You can learn how to do it on YouTube.

25 MARCH

Express your faith in the future beyond your lifetime. Make plans to plant a tree—in your yard, at church, or in one of the country's forests through the Arbor Day Foundation.

26 MARCH

Getting ready for Easter involves learning to make room for the power of God beyond your capacity to calculate or control.

27 MARCH

Dye Easter eggs even if there are no kids around. Buy the kit with the garish colors or, if you need to be more serious, use natural dyes—like beets and onions. Search "natural Easter egg dyes" on Google.

28 MARCH

The days before Easter are a good time to remember always that God is with you, within you, behind you, and before you.

29 MARCH

Jesus died on the cross. Think about it. Why did it happen? Ask yourself what you truly believe. Now ask God.

30 MARCH

Today's reading, John 18:1–19:42, is a long one. It is John's account of Jesus' passion. On this Good Friday you might want to find a time to read it all through slowly, and to sit with this story.

31 MARCH

Easter: Easter is the ultimate second chance. Live anew.

God is still speaking,
**UNITED CHURCH
OF CHRIST**

