



Lenten Faith Practices 2024



MON

TUES

WED

THURS

FRI

SAT

SUN

Rotate through the three pillars of Lent: prayer [P], fasting [F] and acts of service [S]. Peace to you this Lent!

February 14 [F]
Let water be the only beverage you drink today.

February 15 [P]
"Guide us on our Lenten path we pray. May it be holy."

February 16 [S]
Decorate a food donation box to deliver on 3/30.

February 17 [F]
Go without screens of any kind for 4-8 hours.

February 18 [P]
Candle prayer. Light a candle and offer joys and concerns.

February 19 [S]
Collect trash around your house or school.

February 20 [F]
Spend five minutes in silence today.

February 21 [P]
Kindness prayer. Close your eyes and imagine someone you love.

February 22 [S]
Show gratitude to someone today by writing a note or making a call.

February 23 [F]
Walk instead of drive somewhere today.

February 24 [P]
Say the Lord's Prayer together today.

February 25 [S]
Do a job or chore for someone else today.

February 26 [F]
Turn off the lights during dinner and eat by candlelight.

February 27 [P]
Gratitude prayer. Make a list of the things you're thankful for.

February 28 [S]
Bring a note or gift to a special teacher today.

February 29 [F]
Don't watch TV or movies or play video games today.

March 1 [P]
Psalm 46 prayer. "God is slow to anger and rich in love. Amen."

March 2 [S]
Make a treat for someone who serves others. Deliver tomorrow.

March 3 [S]
Deliver your special treat or gift and say thank you to the person.

March 4 [P]
Walking prayer. Take a walk and notice the beauty of creation.

March 5 [F]
Think of ways to conserve water or energy today. .

March 6 [P]
Psalm 23 prayer: "God is a shepherd who cares for the sheep."

March 7 [F]
Go to bed extra early today.

March 8 [S]
Call a relative and ask them about their day.

March 9 [F]
Give something up so you can spend more time with family today.

March 10 [P]
Breath prayer "I am breathing in love and breathing out fear."

March 11 [S]
Send a card to someone who could use some cheer. .

March 12 [F]
Eat a vegetarian meal today.

March 13 [P]
Psalm 139 prayer: "Even darkness is not dark to God."

March 14 [S]
Learn a word in a new language and appreciate the culture. .

March 15 [F]
Play only with toys that do not plug in or have batteries.

March 16 [P]
Pray for someone who lives very far away.

March 17 [S]
Give away five things in your house today.

March 18 [S]
Be kind to a stranger today. Kindness can be as simple as a smile!

March 19 [F]
Try using only one drinking glass for the whole day..

March 20 [P]
Coloring prayer: color or draw a picture of your prayers to God.

March 21 [S]
Hold the door open for someone today. .

March 22 [F]
Try not to complain about anything all day.

March 23 [P]
Joys and concerns prayer. Share one joy and one concern.

March 24 [S]
Give away five things in your house today.

March 25 [F]
Don't listen to music or the radio today.

March 26 [P]
Evening prayer 'God thank you for this day. Amen.'

March 27 [F]
Wear very plain clothes today.

March 28 [P]
Star prayer: look at the stars and count your blessings. .

March 30 [F]
Try a day with no sweets or desserts.

March 30 [P]
Deliver food in your decorated box to a food pantry.

March 31 [S]
Easter Prayer "God, thank you for new life all around us!"