

# LENTEN FAITH PRACTICES

## MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>This Lenten practice calendar invites you to try something new each week as you journey through five themes—Notice, Pray, Help, Wonder, and Rest. Each week, you'll focus on a different theme to help you pay attention, pray for others, lend a hand, ask big questions, or take a break. See how you grow closer to God through these practices. Do your best, and if you skip a day, just pick up where you can. May you observe a holy Lent.</p>			<p>5 <b>ASH WEDNESDAY</b> NOTICE how your mind slows when you sit in stillness.</p>	<p>6 NOTICE the temperature of the air outside. How does your skin feel?</p>	<p>7 NOTICE the shadows you see inside and out. Are they long or short? Light or dark?</p>	<p>8 NOTICE the feeling of your breath expanding and contracting in your chest.</p>	
<p>9 NOTICE the patterns you see all around you right now.</p>	<p>10 NOTICE the floor beneath your feet.</p>	<p>11 NOTICE the colors and textures of your clothing.</p>	<p>12 NOTICE the feel of water when you wash your hands.</p>	<p>13 NOTICE the many sounds around you throughout the day.</p>	<p>14 PRAY for yourself today: "God, help me to understand you better. Amen."</p>	<p>15 PRAY for those who need food today: "God, we pray for the hungry. Amen."</p>	
<p>16 PRAY for the earth today: "For all you have made, O God, we give thanks. Amen."</p>	<p>17 PRAY a gratitude prayer today: "Thank you, God, for all my blessings. Amen."</p>	<p>18 PRAY for your friends today: "God, bless my friends with love, joy, and safety. Amen."</p>	<p>19 PRAY for your family today: "God, bless my family with love and peace. Amen."</p>	<p>20 PRAY for your neighbors today: "God, may there be peace and love in our neighborhood. Amen."</p>	<p>21 PRAY for students today: "God, be with those who are learning today. Amen."</p>	<p>22 PRAY for those in harm's way today: "God, please provide safety to all. Amen."</p>	
<p>23 HELP the environment by picking up some trash outside.</p>	<p>24 HELP a neighbor by bringing in mail, shoveling snow, or another act of kindness.</p>	<p>25 HELP your family by doing a chore.</p>	<p>26 HELP a stranger by offering a smile.</p>	<p>27 HELP your community by recycling.</p>	<p>28 HELP your church by saying hello as people arrive.</p>	<p>29 HELP the birds by giving them food.</p>	
<p>30 HELP a friend by sending an encouraging note.</p>	<p>31 HELP someone in need by donating food or clothing.</p>						

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 I WONDER what it means to show kindness to a neighbor.	2 I WONDER what it means to show the love of Christ.	3 I WONDER how I can be generous today.	4 I WONDER what it means to love my enemy.	5 I WONDER how I can be a better friend today.
6 I WONDER how I can share my blessings with someone who has less.	7 I WONDER what it means to be a good listener.	8 I WONDER I wonder how I can be a peacemaker.	9 I WONDER what God is saying to me right now.	10 REST by stepping away from screens for as long as you can.	11 REST by sitting in silence for one minute.	12 REST by going for a walk outside.
13 REST by going to bed extra early.	14 REST by stretching your body gently.	15 REST by filling a page with doodles.	16 REST by listening to three minutes of instrumental music.	17 REST by drinking a glass of cool water or a cup of hot tea.	18 REST by journaling or drawing for a few minutes.	19 Take a moment to reflect on your journey during Lent. Use the questions below.
20 <b>EASTER</b> Christ is Risen, Alleluia!	<p style="text-align: center;"><b>For Reflection:</b></p> <ul style="list-style-type: none"> <li>• Which practice was most meaningful for you?</li> <li>• Which practice was most challenging?</li> <li>• Is there a practice you'd like to continue after Easter? Which one?</li> <li>• How did this experience help you connect to your faith this year?</li> </ul>					

