

Su

Mo

Tu

We

Th

Fr

Sa

MARCH

ASH WEDNESDAY
Have an ash cross put on your forehead

9

Say the Shema in the morning and the evening. To learn to say the Shema in Hebrew, visit marshill.org/lent2011

10

Do some chores around the house that you don't normally do

11

Shovel or snowblow your neighbor's driveway

12

Share a meal with friends

13

Write a prayer to God explaining the habits, behaviors, and sins you want to die to

14

Call someone with whom you've had a falling out and make amends

15

Fast during daylight hours

16

Do something that you've been putting off or trying to avoid

17

Go for a walk in your neighborhood and pick up any trash that you see

18

Go for a jog or a long walk

19

Share a meal with friends

20

Visit 20liters.org/why/ and become familiar with the crisis of those who lack access to clean water

21

Text 20liters at 85944 to donate \$10 to clean water [reply yes to confirm]

22

Visit 20liters.org/2010/09/kanani-anastase/ to hear Anastase's story about the significance of clean water in Rwanda

23

Limit your water use today: Forego a shower, or let the "yellow mellow"

24

Pray for the 20 Liters Rwandan Water Team hosting their 2nd annual Walk For Water

25

Drink only tap water today as an act of solidarity with those who don't have access to clean water

26

Share a meal with friends

27

Pray the Lord's Prayer today at 9am, 12pm, 3pm, 6pm, and 9pm

28

Watch the 6 o'clock news today as a family and then pray together about what you saw

29

Pray before and after meals today

30

Fast from technology: tv, computer, internet, video games, and music

31

Make a meal together as a family and then eat and talk about your day

1

Choose one person and pray for them three times today

2

APRIL

Share a meal with friends

3

Call your city hall or neighborhood association to find out the most pressing needs in the community

4

Go for a walk in your neighborhood and pray for everyone you see

5

Send a handwritten letter to someone you know you could use some encouragement

6

Fast from the radio or music while in the car

7

Get rid of one item out of your closet or dresser

8

Cook a meal for someone and take it to them

9

Share a meal with friends

10

Don't use any sarcasm today

11

Put a list of things for which you're grateful in your pocket. Take it out and read it every time you catch yourself complaining

12

Have a conversation with or do something thoughtful for a neighbor or classmate

13

Tell stories as a family tonight by having each person share something that made them laugh this week

14

Give up online social networking for a day [Facebook, Twitter, etc.]

15

Participate in the Walk For Water or pray for the Rwandan Water Team

16

Share a meal with friends

17

Place random Post-it notes with encouraging messages around the house for your family to find

18

Talk to or call someone you love and tell them what you love about them

19

Eat only one meal today of rice and beans. During the other two meal times, pray for the hungry of the world

20

Memorize John 13v34

21

GOOD FRIDAY
Go to a Good Friday service with your family or a group of people. Spend 10 minutes in silence remembering Jesus' death

22

Spend the evening with people you love

23

Lent 2011 Experiential Calendar

Lent is a season in which we practice giving up something important in order to refocus our lives on God. By fasting from certain things, we practice dying to ourselves. And by refocusing our lives, living to God, we intentionally choose things that help us become the kind of people God desires us to be. This calendar suggests daily practices for fasting-from and living-to during the Lenten season.