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Lent is a time that marks the 40 days prior to Easter. Actually there are 46 days, but Sundays, known as feast days, are not counted. The seventh feast day, Easter, is the climax of the season. **Lent is a time to prepare one's heart for Easter and the celebration of Christ's resurrection.** Lent combines both reflection and action, with the intent for growing deeper in one's relationship with Jesus. Although not required anywhere in Scripture, Lent has been a custom which Christians have practiced for most of the last two thousand years. *Just as Advent leads to Christmas, Lent leads to Easter.* The focus of Lent rests on three traditional areas for preparing one's heart from the core practices of the Sermon on the Mount: almsgiving which is giving, sharing, and being generous ("When you give alms..." Matthew 6:2), prayer ("When you pray..." Matthew 6:5), and fasting ("When you give fast..." Matthew 6:16). For each day of this Lent season there is something on this calendar to consider which connects with one of these three areas of focus (giving, prayer, fasting) to help us and our family grow in loving Jesus, following Jesus and loving others. May God transform our hearts as we journey with Jesus through this Lenten season.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			March 6	7	8	9
		<i>Ash Wednesday is a day set aside to focus on our sinfulness and the necessity of Christ's suffering and death to accomplish our salvation. The ashes signify mourning, sorrow, humility, repentance, and human mortality.</i>	<i>"For you are dust and to dust you will return." Genesis 3:19</i> Confess your sin and receive God's forgiveness. With a pen draw a small cross on your hand as a reminder of Jesus loving sacrifice. 	<i>"For God so loved the world that he gave his only Son." John 3:16</i> Thank God for His amazing love to you, your family & the world. Look at a globe and pray for God's love to go to every tribe, tongue and nation.	<i>Set up a special place to spend time with Jesus.</i>  Draw a heart on each day after enjoying time with Jesus. Is there a spiritual discipline you'd like to focus on during Lent? Share ideas with others and pursue Christ together.	<i>"Our Father, who art in heaven..." Matthew 6:9-13</i> Pray the Lord's Prayer together. During dinner, share something you want to pray about during Lent. 
 10 <i>"A voice came from heaven: 'You are my Son, whom I love; with you I am well pleased.'" Matt. 3:17</i> God loved his Son and blessed him; God loves you! Take turns blessing each member of your family.	11 <i>Jesus came to bring healing and hope - Isaiah 61</i> Where do you need God's healing in life? Receive God's grace and love to meet your wounds. 	12 <i>"When you fast, do not look somber as the hypocrites do..." Matthew 6:16</i> Turn off technology tonight and have some fun! Play games, walk the dog, read the comics, bake cookies, make a craft. Celebrate being together!	13 <i>"You are mighty, O LORD, and your faithfulness surrounds you." Psalm 89</i> During mealtime, pause, recall and share stories of God's faithfulness. 	14 <i>"Do not merely listen to the word...Do what it says." James 1:22</i> How can you simplify as a family so you have money to share with the needy? Put out a jar to collect spare change until Easter then, give it to someone in need.	15 <i>"...if anything is excellent or praiseworthy-think about such things. Phil. 4:8</i> Travel in silence today. Turn off the radio or music. Instead listen for God's voice. Think about "these things." Enjoy the silence.	16 <i>Go outside and look at God's beautiful creation. Maybe even go for a walk.</i> Share how you see and experience God's creativity. Thank Him for making you creative. 
17 <i>St. Patrick's Day! "Christ be with me, Christ within me, Christ behind me, Christ before me..."</i> Read about St. Patrick and pray the breastplate prayer together. 	18 <i>"For the Lord takes delight in his people; he crowns the humble with victory." Psalm 149:4</i> Play a game with friends or family. During the game, encourage one another to have fun and enjoy laughing together. 	19 <i>Read the Sermon on the Mount - Matthew 5, 6, 7</i> Maybe read Matt. 5 at breakfast, Matt. 6 at lunch and Matt. 7 at dinner. What do you learn from Jesus' words? Write a verse or verses on a piece of paper to reflect on for the next week.	20 <i>"Be kind and compassionate with one another, forgiving each other, just as in Christ, God forgave you." Ephesians 4:32</i> Do something kind for someone in your family, at work or in the neighborhood. Is there someone you need to forgive? Forgive as God forgives you.	21 <i>"Clothe yourselves with ...humility." Colossians 3:12</i>  Being humble means putting others before yourself. How can you put someone before you today? Go do it!	22 <i>"Taste and see that the Lord is good. Psalm 34:8</i> Forego sweets or candy today. Instead thank God that He is good and can satisfy you. Feast on Jesus. 	23 <i>"A gentle answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1</i> Practice speaking gently. Conscientiously allow tenderness to characterize your speech. Let your gentleness be evident to all you interact with today.

<p style="text-align: right;">24</p> <p><i>"Clothe yourselves with patience."</i> Colossians 3:12</p> <p>When you have to wait today, thank God for helping you be patient. Count at least ten blessings as you wait.</p> 	<p style="text-align: right;">25</p> <p><i>"Devote yourselves to prayer,"</i> Colossians 4:2</p> <p>Find the number of times Jesus prayed in the book of Mark. During dinner, talk about what it means to devote yourself to prayer?</p> 	<p style="text-align: right;">26</p> <p><i>"God is love."</i> 1 John 4:8</p> <p>How have you experienced God's love? During dinner take turns sharing ways you experienced His love throughout the day and ways you shared His love with others.</p>	<p style="text-align: right;">27</p> <p><i>"Practice hospitality."</i> Romans 12:13</p>  <p>Prepare a favorite meal or special dessert. Invite friends or neighbors to visit and savor what you have prepared.</p>	<p style="text-align: right;">28</p> <p><i>"My grace is sufficient for you, for my power is made perfect in weakness."</i> 2 Corinthians 12:9</p> <p>Around the table or in the car, share a good thing and a bad thing from the day. Thank God for His grace and presence.</p>	<p style="text-align: right;">29</p> <p><i>"Bless those who persecute you; bless and do not curse."</i> Romans 12:14</p> <p>Ask God to help you bless those who are not kind to you today. Bless them in Jesus' name.</p> 	<p style="text-align: right;">30</p> <p><i>"Share with the Lord's people who are in need."</i> Romans 12:13</p> <p>Clean through closets, toys and gadgets. If you haven't used it in a year, get rid of it. If you don't like it at least 70%, get rid of it. Simplify!</p>
<p style="text-align: right;">31</p> <p><i>"Speak, for your servant is listening."</i> 1 Samuel 3:10</p> <p>Turn off all technology for at least 30 minutes. Tell God that you are listening. Enjoy the stillness with Him.</p> 	<p style="text-align: right;">April 1</p> <p><i>"give thanks in all circumstances,"</i> 1 Thessalonians. 5:18</p> <p>For what hard situation do you need to give God thanks? Pray, release the situation and thank God that He is present with you in hard times.</p>	<p style="text-align: right;">2</p> <p><i>"But grow in the grace and knowledge of our Lord and Savior Jesus Christ,"</i> 2 Peter 3:18</p>  <p>Are you growing in Jesus? Engage in a spiritual practice that stimulates your growth to become more Jesus.</p>	<p style="text-align: right;">3</p> <p><i>"I will sing the Lord's praise, for he has been good to me."</i> Psalm 13:6</p> <p>Proclaim alphabet praise: for each letter of the alphabet give thanks to God.</p> 	<p style="text-align: right;">4</p> <p><i>Pray for those God has placed in authority over you.</i> 1 Timothy 2:1-7</p> <p>Pray for President Trump, government officials, police, firemen, & teachers.</p> 	<p style="text-align: right;">5</p> <p><i>"But the fruit of the Spirit is..."</i> Galatians 5:22, 23</p> <p>Make a big bowl of fruit. Recite the fruit of the Spirit. Which one is God growing in you most? Ask God to make you more like Him.</p>	<p style="text-align: right;">6</p> <p><i>Jesus quoted Scripture when he was tempted.</i></p> <p>Pick out a verse to memorize and quote when you are tempted. Encourage all in the family to pick a verse. Ideas: 1 John 4:4, James 1:12, Romans 8:37.</p>
<p style="text-align: right;">7</p> <p><i>"Serve wholeheartedly, as if you were serving the Lord."</i> Ephesians 6:9</p> <p>Let the ways you serve others today be an act of worship to the Lord. "As unto the Lord..."</p> 	<p style="text-align: right;">8</p> <p><i>Read Psalm 8 through twice. (Maybe during dinner)</i></p> <p>Which verse or verses jump out to you? Write them on a 3x5 card and think about them throughout the week, perhaps read them each morning and night.</p>	<p style="text-align: right;">9</p> <p><i>Mary...poured it (an expensive perfume) on Jesus' feet."</i> John 12:3</p> <p>Do you have something special that you can offer to Jesus? A gift, talent, or good? Offer it to Him for His glory. Keep your eyes open for how He might use it.</p> 	<p style="text-align: right;">10</p> <p><i>"Be completely humble and gentle; be patient, bearing with one another in love."</i> Ephesians 4:2</p> <p>Fast from hurry today. Intentionally be patient as you go from place to place; completing task after task. Feast on Jesus and bear with one another in love.</p>	<p style="text-align: right;">11</p> <p><i>"Come to me, all you who are weary and burdened and I will give you rest."</i> Matthew 11:28</p>  <p>Before sleeping, ask; "How did I see God today?" "How do I hope God moves tomorrow." Rest in the sovereign love and activity of God.</p>	<p style="text-align: right;">12</p> <p><i>"Be imitators of God...and live a life of love just as Christ loved us and gave himself up for us..."</i> Ephesians 5:1</p> <p>Share ways to live a life of love. Show God's love to someone outside your family today.</p>	<p style="text-align: right;">13</p> <p><i>"Enoch walked faithfully with God."</i> Genesis 5:24</p> <p>Go for a walk today. Think about about your journey with Jesus. Talk to God about it. Are you walking faithfully?</p> 
<p style="text-align: right;">14</p> <p><i>Palm Sunday "They took palm branches and went out to meet [Jesus], shouting, Hosanna!"</i> John 12:13</p>  <p>Enjoy a hearty "meal" with Jesus. Read John chapters 12-19. Reflect on Jesus' final week.</p>	<p style="text-align: right;">15</p> <p><i>"Whenever the rainbow appears in the clouds... remember."</i> Genesis 9:16</p> <p>Color Eggs, remembering God's colors in the promise of the rainbow. Have an egg hunt with your neighbors.</p> 	<p style="text-align: right;">16</p> <p><i>"...offer your bodies as living sacrifices, holy and pleasing to God."</i> Rom. 12</p> <p>How can the way you live be an offering to God? Ask God to help you be a living sacrifice for him.</p>	<p style="text-align: right;">17</p> <p><i>"...encourage them to remain true to the Lord."</i> Acts 11:23</p> <p>Fill Easter baskets to encourage the spiritual journey (music, t-shirt, jewelry, devotional, Bible, etc.) To, "remain true to the Lord."</p> 	<p style="text-align: right;">Maundy Thursday 18</p> <p><i>"A new command I give you: Love one another."</i> John 13</p> <p>Follow Jesus' example of serving others: wash and dry each other's hands before dinner.</p>	<p style="text-align: right;">Good Friday 19</p> <p><i>With a loud cry, Jesus breathed his last."</i></p>  <p>Confess a sin to one another. Practice James 5:16. Forgive one another and thank Jesus for wiping away your sin.</p>	<p style="text-align: right;">Holy Saturday 20</p> <p><i>"Father, into your hands I commit my spirit."</i> Luke 23:46</p> <p>Walk the Stations of the Cross, remembering Jesus sacrifice for you. Thank him!</p>

Easter - April 21

"Blessed are those who have not seen and yet have believed." John 20:29 — Read John 20. Celebrate your life in our Risen Savior!

