

LENT

Who is praying for me during Lent?

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGIN	What has too much power/control in your life right now that you are asking God to work on during Lent?	Mission Lexington has a Lenten Calendar for items they are collecting during the Lenten Season. See what you can give at saxegotha.org/news		2.17 ASH WEDNESDAY Join in-person or online service at 6:30PM. Read the entire Lent calendar.	2.18 Write down your desires for lent on this calendar and hang it up somewhere you'll see every day.	2.19 Share with someone what you wrote down yesterday and ask them to pray for you.	2.20 Take 30-60 minutes in the middle of the day to reset. Go for a walk, pray, take a nap etc.
PACE	2.21 Read Psalm 63:1-8 slowly. Spend at least one hour doing something you love.	2.22 Slow down today and do everything deliberately. Drive slowly, walk slowly, eat slowly, etc.	2.23 As you talk to others today, be slow to speak, listening intentionally to their words.	2.24 Take a slow walk down your street, pray for a neighbor or two.	2.25 Set an alarm mid-day to pause and enjoy a favorite worship song.	2.26 Pray the Lord's prayer today at 9, 12, 3, 6 and 9 PM.	2.27 Take 30-60 minutes in the middle of the day to reset. Go for a walk, pray, take a nap etc.
FOOD	2.28 Read Psalm 24 then spend at least an hour doing something you love.	3.1 Fast from your favorite treat or hobby.	3.2 Cook a meal with a family member and share a current struggle.	3.3 Pray before AND after meals today.	3.4 Deliver a treat, puzzle or game to a family, friend and neighbor.	3.5 Plan ahead! Send someone an gift card or pizza delivery.	3.6 Take 30-60 minutes in the middle of the day to reset. Go for a walk, pray, take a nap etc.



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PEOPLE	3.7 Read Psalm 93 and then spend at least one hour doing something you love.	3.8 Check-in with someone you haven't connected with since Covid began.	3.9 Play a game as a family or with friends during or after dinner.	3.10 Send or deliver someone a handwritten card.	3.11 Choose one person and pray for them 3 times.	3.12 Spend 30 minutes or more with someone under the age of 5 or over the age of 70.	3.13 Take 30-60 minutes in the middle of the day to reset. Go for a walk, pray, take a nap etc.
SERVE	3.14 Read Psalm 66 and then spend at least one hour doing something you love.	3.15 Write a prayer of gratitude for the people who have served and impacted you.	3.16 Call someone with whom you've had a falling out and make amends.	3.17 Fast from a favorite hobby or treat during daylight hours.	3.18 Give blood or deliver groceries to a local food bank or charity.	3.19 Refrain from taking credit, finding ways to serve others in secret all day.	3.20 Take 30-60 minutes in the middle of the day to reset. Go for a walk, pray, take a nap etc.
MEDIA	3.21 Read Psalm 118 and then spend at least one hour doing something you love.	3.22 Fast from all social media platforms.	3.23 Listen to today's daily devotional on the Saxe Gotha YouTube page.	3.24 Connect with a long-distance friend or relative via Facetime or Zoom.	3.25 Watch the news as a family and pray together about what you saw.	3.26 Use your phone only for calling or texting.	3.27 Take 30-60 minutes in the middle of the day to reset. Go for a walk, pray, take a nap etc.
WORDS	3.28 Read Psalm 103 and then spend at least one hour doing something you love.	3.29 Pray first, then text or call whoever God brings to mind with words of encouragement.	3.30 Spend 30 minutes writing a prayer or journaling.	3.31 Invite someone to attend in-person or online Easter Services this Sunday.	4.1 Attend Maundy Thursday Service in-person or online at 7PM.	4.2 Attend in-person or online Good Friday Service at 7PM.	4.3 Looking back on the last 40 days, write down any rhythms you want to add into your life.

