

FUMC's  
2020 Lent  
Calendar

# Lent

## A SEASON OF REPENTANCE



**A daily opportunity to join with the FUMC family as we prepare during the days of Lent to hear again the Good News of Easter.**

**FEBRUARY 26  
Ash Wednesday  
Fast from Busyness;  
Feast on Mindfulness.**  
No one will say, 'Look, here it is!' or, 'There it is!' because the Kingdom of God is within you. Luke 17:21

**27 Thursday**  
Today be mindful while eating. Give thanks to God, silently or out loud, before each bite of food. How might we provide food for those who are hungry?

**28 Friday**  
Today be mindful while dressing. Read Ephesians 6:13-18 and name the armor of God as you dress. How does God shield you as you live for God?

**29 Saturday**  
Today be mindful while bathing. As the water flows over your body, name the burdens of the day that you need God to wash away for you.

**Week of March 1  
Fast from Leading;  
Feast on Following.**  
Jesus said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me."  
Mark 8:34

**2 Monday**  
Ask someone their favorite local place to go and then schedule a time to experience that place together.

**3 Tuesday**  
For any person you are standing or driving behind today, say a prayer for that person.

**4 Wednesday**  
Ask 3 different people a version of "what do you think?" Truly listen to the response.

**5 Thursday**  
Intentionally hold the door for someone today.

**6 Friday**  
Sheep follow the voice of their shepherd. Where is The Shepherd guiding you?

**7 Saturday**  
Reflect on the most difficult steps you have made following God.

**Week of March 8  
Fast from Self  
Absorption; Feast on Reaching Out.**  
"Do nothing from conceit but in humility count others more significant than yourselves."  
Philippians 2:3

**9 Monday**  
Choose an hour today when you will be talking or writing. Count how many times you say or write I, me, or mine. Pray about what you discover.

**10 Tuesday**  
Pray for each of your neighbors (neighboring homes, neighboring desks at school or work, etc). Find out their names if you do not know them.

**11 Wednesday**  
Today thank God for your food and find a way to share food with others. Thank God for your comfort and find a way to share comfort with others.

**12 Thursday**  
In what ways are you easily discouraged? Using that insight, find ways of encouraging others by saying something or writing a note or email.

**13 Friday**  
Gospel means good news. Today fast from thinking or saying mean things about others; share only good news.

**14 Saturday**  
Find a way, now or soon, to have a conversation with someone who is poor. Be sure you understand the conversation to be between equals.

**Week of March 15**  
**Fast from Shame;**  
**Feast on Repentance.**  
From that time Jesus began to preach, saying, "Repent, for the Kingdom of heaven is at hand." Matthew 4:17

**16 Monday**  
To repent is to realize that the road you are on does not lead where you want to go, and then to turn around. Where is your life headed?

**17 Tuesday**  
What is the one area of your life where you walk away from following Jesus? Pray and ask God for the strength to turn back.

**18 Wednesday**  
Count the number of pairs of shoes that you own. Make a list of where these shoes have taken you. Was it toward God?

**19 Thursday**  
Look at the odometer in your vehicle. How many miles have you driven toward God? Away from God?

**20 Friday**  
Look in your wallet (or credit card statements, or checkbook). How is your money spent in life-giving ways that lead toward God? Away from God?

**21 Saturday**  
Look at your calendar. How much time last week did you spend in life-giving ways that lead toward God? Away from God?

**Week of March 22**  
**Fast from Anxiety;**  
**Feast on Peace.**  
*"Do not be anxious about anything...the peace of God will guard your hearts and your minds in Christ Jesus"*  
Philippians 4:6-7

**23 Monday**  
Inhale a deep breath. Exhale that same breath. Repeat 3 times.

**24 Tuesday**  
Intentionally notice as anxiety creeps in. Choose peace instead.

**25 Wednesday**  
For each phone charger in your home, repeat the week's scripture that number of times.

**26 Thursday**  
Reflect on a time when you felt God's presence with you.

**27 Friday**  
Count how many times you can say/text/email "peace be with you" to someone.

**28 Saturday**  
Thank God for the gift of peace.

**Week of March 29**  
**Fast from Darkness;**  
**Feast on Light.**  
Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." John 8:12

**30 Monday**  
Sit in your favorite room in the darkness for 5 minutes. Reflect on your experience.

**31 Tuesday**  
Read the week's scripture at two different times today.

**April 1, Wednesday**  
Count the number of light bulbs in your bedroom. For each, name a person who reflects the light of Christ to you.

**2 Thursday**  
For each person named yesterday who is Christ-like, tell him/her.

**3 Friday**  
Watch the sun rise or look at pictures of a sunrise. Thank God.

**4 Saturday**  
Notice the amount of your light/utility bill last month. Give a portion or all of that amount to help your church share the Light.

**Week of April 5**  
**Palm Sunday**  
**Fast from Noise;**  
**Feast on Silence.**  
*"Be still, and know that I am God."* Psalm 46:10a

**6 Monday**  
When you are in the car today, refrain from any noise. Use this time to listen to God.

**7 Tuesday**  
Think about this...the same letters are in both "listen" and "silent."

**8 Wednesday**  
At the end of the day, notice the number of incoming calls or texts you received. For each, be silent a minute.

**9 Maundy Thursday**  
Today is Maundy Thursday. Reflect on Jesus' time in the garden when the disciples couldn't stay awake as he prayed.

**10 Good Friday**  
Today is Good Friday. Spend at least 5 minutes of silence thinking about Jesus' suffering.

**11 Holy Saturday**  
Today we remember when Jesus was in the tomb. Be still and reflect.

Easter Sunday, April 12: Christ is Risen! Christ is Risen Indeed!