

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!