

<p><b>4/20</b></p> <p><b>HOLY SATURDAY</b></p> <p>Share the evening with people you love, telling them about your Lenten experience.</p>	<p><b>4/19</b></p> <p><b>GOOD FRIDAY</b></p> <p>Write a note to a teacher or a friend telling them why you like them.</p>	<p><b>4/18</b></p> <p>Go around the dinner table and bless each other. Say what you're thankful for in one another.</p>	<p><b>4/17</b></p> <p>Write a prayer of thanksgiving to God.</p>	<p><b>4/16</b></p> <p>Read this week's devotional from the Lent Guide.</p>	<p><b>4/15</b></p> <p>In the morning, ask God to help you become more aware of the words you speak this week.</p>	<p><b>4/14</b></p> <p>Spend at least an hour today doing something you enjoy.</p>
<p><b>4/13</b></p> <p>Fast from entertainment today. TV, computers, smart phones, video games, &amp; music</p>	<p><b>4/12</b></p> <p>Watch a movie with friends or family and discuss it afterwards.</p>	<p><b>4/11</b></p> <p>When not doing homework or work, fast from screens today.</p>	<p><b>4/10</b></p> <p>Do not listen to music in the car.</p>	<p><b>4/9</b></p> <p>Read this week's devotional from the Lent Guide.</p>	<p><b>4/8</b></p> <p>Do not use toys that require batteries or electricity.</p>	<p><b>4/7</b></p> <p>Spend at least an hour today doing something you enjoy.</p>
<p><b>4/6</b></p> <p>Go to a restaurant and buy someone's meal anonymously.</p>	<p><b>4/5</b></p> <p>Draw a picture for someone and mail it to them.</p>	<p><b>4/4</b></p> <p>Donate some of your old books to a local library.</p>	<p><b>4/3</b></p> <p>Go for a walk in your neighborhood and pick up any trash you see.</p>	<p><b>4/2</b></p> <p>Read this week's devotional from the Lent Guide.</p>	<p><b>4/1</b></p> <p>Do some chores around the house that you don't normally do.</p>	<p><b>3/31</b></p> <p>Spend at least an hour today doing something you enjoy.</p>
<p><b>3/30</b></p> <p>Write down 3 things about someone you admire.</p>	<p><b>3/29</b></p> <p>Say something nice about each person in your family.</p>	<p><b>3/28</b></p> <p>Call a family member you don't talk to very often and tell them you love them.</p>	<p><b>3/27</b></p> <p>Choose a couple of people and pray for them three times today.</p>	<p><b>3/26</b></p> <p>Read this week's devotional from the Lent Guide.</p>	<p><b>3/25</b></p> <p>Do something nice for someone else in your family today.</p>	<p><b>3/24</b></p> <p>Spend at least an hour today doing something you enjoy.</p>
Sa	Fr	Th	We	Tu	Mo	Su

# LENT

begin

2 pace

3 food

<p><b>3/10</b></p> <p>Spend at least an hour today doing something you enjoy.</p>	<p><b>3/11</b></p> <p>Tonight, take time to slow down the bedtime routine.</p>	<p><b>3/12</b></p> <p>Read this week's devotional from the Lent Guide.</p>	<p><b>3/13</b></p> <p>Go on an extra long walk today.</p>	<p><b>3/14</b></p> <p>Eat slowly today.</p>	<p><b>3/15</b></p> <p>Wake up early and write a letter to God.</p>	<p><b>3/16</b></p> <p>Have a slow morning making breakfast together as a family.</p>
<p><b>3/17</b></p> <p>Spend at least an hour today doing something you enjoy.</p>	<p><b>3/18</b></p> <p>Only drink water today (no juice, milk, etc).</p>	<p><b>3/19</b></p> <p>Read this week's devotional from the Lent Guide.</p>	<p><b>3/20</b></p> <p>Pray before and after meals today.</p>	<p><b>3/21</b></p> <p>Fast from desserts and treats today.</p>	<p><b>3/22</b></p> <p><b>PLAN AHEAD</b> Invite someone to your house for dinner.</p>	<p><b>3/23</b></p> <p>Take a treat or a meal to someone.</p>
Su	Mo	Tu	We	Th	Fr	Sa
			<p><b>ASH WEDNESDAY</b> Go to the Ash Wednesday service or read the devotional in the Lent Guide.</p>	<p><b>3/9</b></p> <p>Fast from your favorite food item or activity.</p>	<p><b>3/8</b></p> <p>Pick a word as a family to guide your Lent &amp; write it down and hang it somewhere in your home.</p>	<p><b>3/9</b></p> <p>Say a prayer as a family for the season of Lent, thinking of the word you chose yesterday.</p>

**2019 FAMILY EXPERIENTIAL CALENDAR** | Lent is a season where the Church fasts and prays so that we can discover areas in our lives that are out of alignment with God's designs for us. This calendar is intended to help us focus our thoughts and actions in a certain area each week (around our appetites, our pace, our words, etc.) with a simple daily guide to engage that theme. Every Sunday, the Church breaks from fasting and remembers that even though we're in Lent, we live in a world where Jesus has been resurrected!

