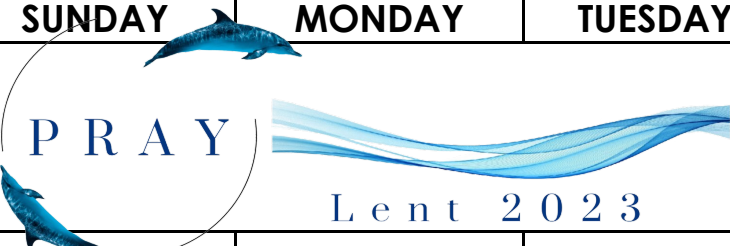


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>ASH WEDNESDAY</b> <b>2/22</b> <b>LENT BEGINS!</b> <b>Get Ashed!</b>	2/23 Pray for Five Minutes	<b>HEALTHY FRIDAYS!</b> <b>2/24</b> <b>NO MEAT</b> <b>TODAY</b>	2/25 Spend 15 minutes outside today!
2/26 Commit to Something for LENT!	2/27 Pray for a longtime friend	2/28 Surprise someone today!	3/1 Pray for someone socially disadvantaged	3/2 Read for 15 minutes	3/3 <b>NO MEAT</b> <b>TODAY</b>	3/4 Say a prayer of Thanksgiving
3/5 Receive Communion and/or Blessing	3/6 Give someone a smile today	3/7 Listen to church music	3/8 Pray for a soft heart	3/9 Reconcile with someone	3/10 <b>NO SUGAR</b> <b>TODAY</b>	3/11 Tell someone you love them
3/12 Intentional Prayer For Outsiders	3/13 Pray for the person you are reconciling with	3/14 Thank a Civil Servant or First Responder	3/15 Tell your story	3/16 Journal or Write a prayer	3/17 <b>EAT GREEN</b> <b>AND HEALTHY</b>	3/18 Send a hand-written letter or note
3/19 Pray for self-healing	3/20 Complete a procrastinated task	3/21 Take a walk outside	3/22 Pray for victims of natural disasters	3/23 Read Psalm 23	3/24 <b>ONLY WATER</b> <b>TO DRINK</b>	3/25 Plant Something
3/26 Church: Go and Tell	3/27 Pray for a recent widow/widower	3/28 Stretch and Breathe	3/29 Thank a Soldier	3/30 Read Psalm 100	3/31 <b>24 HOUR</b> <b>FAST</b>	4/1 Do something extravagantly nice
<b>PALM SUNDAY</b> 4/2 Invite someone to worship	4/3 Read John 19	4/4 Give to Ministry	4/5 Pray for God's Will	<b>MAUNDY THURSDAY</b> 4/6 Enjoy a meal with a friend	<b>GOOD FRIDAY</b> 4/7 <b>24 HOUR</b> <b>FAST</b>	4/8 No TV or Electronics
<b>EASTER SUNDAY</b> 4/9 Celebrate the Risen Lord!	<b>✓ Commit to a Holy Lent</b> <b>✓ Read the Daily Devotions &amp; Participate in Challenges</b> <b>✓ Bring \$1 to Worship</b>					