

LENT 2021

SUN

MON

TUE

WED

THU

FRI

SAT

Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Easter. In this season we are invited to walk the path of discipleship and become more like Christ!		ASH WEDNESDAY Attend First Church's Ash Wednesday service at 7 pm on Zoom! FEB 17		Reflect on the meaning of this season. How is God calling you to pray, fast, and give? 18	Fast from social media today. Spend time listening to God. 19	Bake pretzels, a traditional Lenten food, and share them with friends or neighbors! 20
Peter is called the Rock of the Church. Consider who has been a rock in your own life and faith? 21	Get real with God about a way that you have missed the mark and accept God's forgiveness! 22	Pray in color! Draw a picture or make a craft that expresses your prayer for this season. 23	Calculate your carbon footprint (www.tiny.cc/carbonprint). Consider how to reduce it! 24	Start a gratitude journal! Keep track of things that you are thankful for! 25	Abstain from meat today. Try to eat only local, sustainable foods! 26	Spend an hour in silence. Notice how God speaks to you in the stillness. 27
When have you, like Mary, seen God redeem something painful in your life? 28	Send a card or letter to someone in need of connection! MARCH 1	Why is Lent 40 days? Read another Biblical story that involve 40 days. 2	Consider giving to the Pastor's Discretionary fund or another fund that helps folks in crisis. 3	What's your story? Reflect on your own spiritual journey and share it with a friend! 4	Do something kind anonymously! How does it feel to bless someone like this? 5	Reach out to someone from church that you don't know well. Make a connection! 6
Thomas embraced both doubt and faith. How do you live in the tension of these two forces? 7	Prayerfully consider how we, as a church, might repent from white supremacy and make reparations. 8	Take a walk, go for a run, or do some stretches. How do you experience God through your body? 9	Give unconditional love to someone who challenges you today. 10	Give someone a compliment! Notice how they react! 11	Read Isaiah 58:6. How might you fast in this way? 12	Take a real sabbath. Fast from all work and productivity today. 13

LET'S SHARE LENT TOGETHER! AS WE JOURNEY THROUGH THIS SEASON, PLEASE SHARE PHOTOS AND REFLECTIONS SOCIAL MEDIA USING THE HASHTAG:

#FOLLOWMEFCCB

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<p>There are many myths about Mary Magdalene. How do you remain strong when misunderstood?</p> <p>14</p>	<p>Choose a passage of scripture that speaks to your heart and memorize it!</p> <p>15</p>	<p>Abstain from negative self talk. Remind yourself how much God loves you!</p> <p>16</p>	<p>Fast from TV today. Spend time doing something that helps you feel close to God.</p> <p>17</p>	<p>Listen to worship music in another language. Thank God for the beauty of the global Church!</p> <p>18</p>	<p>Pray a breath prayer! Inhale: Humble and gentle one, Exhale: you are rest for my soul.</p> <p>19</p>	<p>Today is the first day of spring! Thank God for helping us through this difficult winter.</p> <p>20</p>
<p>When have you, like Judas, followed your own understanding instead of God's wisdom?</p> <p>21</p>	<p>Pray for those suffering from COVID-19 and those working to distribute the vaccine.</p> <p>22</p>	<p>Sing a favorite hymn or worship song out-loud. God loves to hear you lift your voice!</p> <p>23</p>	<p>Donate clothes or food to a local organization that helps those in need.</p> <p>24</p>	<p>Read a poem about spring or Lent. Try and write your own!</p> <p>25</p>	<p>Call a friend and invite them to join you for Easter at First Church!</p> <p>26</p>	<p>Enjoy time outside and look for small signs of new life!</p> <p>27</p>
<p>PALM SUNDAY Hosanna means "save us, now!" Where in your life do you need to be saved?</p> <p>28</p>	<p>Commit to reading an entire gospel this week! Highlight verses that stand out to you!</p> <p>29</p>	<p>Journal about your Lenten journey thus far. How have you grown?</p> <p>30</p>	<p>Decorate Easter eggs! Share photos of your creations with others!</p> <p>31</p>	<p>MAUNDY THURSDAY Read a Jewish perspective on the Passover seder. What did you learn?</p> <p>APRIL 1</p>	<p>GOOD FRIDAY Find a painting or icon depicting the crucifixion. Look closely as you pray.</p> <p>2</p>	<p>HOLY SATURDAY When have you felt alone? What did you learn from that experience?</p> <p>3</p>
<p>EASTER Attend Easter at First Church and learn how this changes everything!</p> <p>4</p>						