



Lent Calendar

Ways to use

1) Follow the Luke Devotional that we are doing together as a church and pick out a word, image, thought or idea, write or draw it out.

<https://www.bible.com/reading-plans/1494-lent-journey-according-to-luke>

2) **Pray for a person** each day of Lent.

3) **Use a daily book of Lenten meditations.** Read the meditation for the day and select a word that jumps out at you. Write the word in the space.

Meditate on it as you draw/doodle and color around it. Let it enter your heart and mind. Ask God what you need to hear from the word.

4) **Use the vocabulary of Lent** from Scripture and tradition—ashes, desert, temptation, denial, repentance, Passion, cross, forgiveness, fasting....

5) **Read a Psalm** each day and choose a word.

6) **Describe the nature and character of Jesus** in your calendar using nouns and adjectives: Savior, Redeemer, Healer, radical, obedient, forgiving, ...

7) Since Lent is a time for **reflection and self-examination**, scatter your confessions, character defect, and regrets. The past two years have been difficult for many people, so include your specific worries, fears, and sorrows on the calendar. Your calendar path will take you to the cross and give you a visual way to lay your burdens down. “Come to me, all you who are weary and burdened, and I will give you rest.” (Mt. 11:28 NIV) Ask the Holy Spirit to be present as you reflect on these. This is not meant to be an exercise in self-flagellation or self-pity, but a way to be honest with yourself and draw closer to God and God’s unconditional love. Mix in some dreams, hopes, and thanksgivings.