

2025 Lenten Calendar

Pray · Fast · Give

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5 – Ash Wednesday Remember that you are dust, and to dust you shall return	6 Write 10 things you are grateful for and carry it with you this lent.	7 Fast from meat	8 Donate money for hygiene items for the homeless
9 Pray for your family Do something together	10 Pray for the poor	11 Pray for those that work for justice	12 Pray for your congregation	13 Donate your daily wage to a charity for homelessness	14 Fast from sugar	15 Fast from screens
16 Pray for those who have died in the past year	17 Pray for the sick Send someone a card or flowers	18 Pray for the homeless Give \$ to them.	19 Think about how the holy spirit manifests in your life	20 Pray for those struggling with addiction	21 Be gluten, nut, and shellfish free today Pray for those with severe allergies	22 Pray for clean water Don't use any disposable plastic
23 Get up early and spend 15 minutes in prayer and silence	24 Contemplate what it means for you to be content. What is stopping you?	25 Fast from email and text messages	26 Pray on the thought "how can I help?"	27 Pray for peace among nations	28 Fast from gossip	29 Go through your closet and find items to donate
30 Think about a part of today's service that made your heart swell	31 Pray for new members of your congregation	April 1 Pray for the children and youth of your parish	2 Notice yourself being in judgment of others and stop	3 Pray for those in power	4 Fast from political debate	5 Reach out to someone who has had a lonely year
6 What does it mean for Jesus to be "the King?"	7 Pray for help and the willingness to receive it	8 Fast from news Enjoy the silence	9 Donate to a food bank and those that serve the poor	10 Pray for humility	11 Fast from breakfast and lunch	12 Abstain from spending money on this day: what do you notice?
13 – Palm Sunday Apologize to someone you have hurt Make amends	14 Pay attention to someone you are tempted to brush aside.	15 Fast from social media	16 Pray for the choir and the staff of your congregation	17 – Maundy Thurs Attend the service Wash a member of your household's feet	18 – Good Friday Fast	19 – Holy Saturday Think of Mary after Jesus' death