

Sun

Mon

Tue

Wed

Thu

Fri

Sat

*as a family...***MARCH****ASH WEDNESDAY**

Share about the beginning of your walk with Jesus.

9

Fast from music, radio or TV in the car.

10

Pick up trash around your neighborhood today.

11

Participate in one of your kids' favorite hobbies.

12

Read Mark 1:9-15 and then spend some time doing something you enjoy.

13

Bake a treat and take it to a neighbor.

14

Write a prayer about how you would like to see your family grow.

15

Draw pictures of some favorite memories you have as a family.

16

Fast from caffeinated drinks today.

17

Spend extra time with a family pet or visit the animals at the humane society.

18

Go for a drive and explore.

19

Read John 3:1-17 and then spend some time doing something you enjoy.

20

Go through family photographs together.

21

Pray the Lord's Prayer at gam, 12pm, 3pm, 6pm, and bedtime.

22

Send a handwritten letter to a relative who could use some encouragement.

23

Fast from TV & video games.

24

Write a letter to a teacher or other adult who positively impacts your child's life.

25

Have a family movie night.

26

Read John 4:5-42 and then spend some time doing something you enjoy.

27

Prepare dinner together.

28

Talk about your kids' classmates and pray for them.

29

Talk about the talents of each family member & how God might use them.

30

Fast from your favorite hobby or treat.

31

APRIL

Place random post-it notes with encouraging messages around the house for your family to find.

1

Plant flowers together.

2

Read John 9:1-41 and then spend some time doing something you enjoy.

3

Visit someone who is sick.

4

Worship together by singing a song of praise.

5

Tell the story of your kids' birth or adoption.

6

Don't criticize or use any sarcasm today.

7

Retell old stories about family members who have passed away.

8

Have a family game night.

9

Read John 11:1-45 and then spend some time doing something you enjoy.

10

Do some chores around the house you don't normally do.

11

Pray before all meals.

12

Call a grandparent or great-grandparent.

13

If possible for your family, fast during daylight hours (except maybe crackers)

14

Dress up in silly costumes and act out a favorite story.

15

As a family, participate in one of our church's Operation Inasmuch projects

16

Read John 12:12-19 and then spend some time doing something you enjoy.

17

Go for a walk and pray for the people you see.

18

Watch the evening news together and pray about what you saw.

19

Tell about one of the most difficult times in your life.

20

Fast from non-essential computer use.

21

Attend a Good Friday service or spend some time in silence remembering Jesus' death

22

Invite one of your kids' friends over for dinner.

23

2011 Family Lent Experiential Calendar

Lent is a season leading up to Easter in which we practice giving up something important in order to refocus our lives on God. By fasting from certain things, we practice dying to ourselves (Matthew 16:24). And by refocusing our lives, living to God, we intentionally choose things that help us become the kind of people God desires us to be. This calendar suggests daily practices for fasting-from and living-to during the Lenten season.