

How to Keep a Holy Lent: Spiritual Practices Guide

FEB 17 Day 1: Pray for your enemies (bullies)

FEB 18 Day 2: Take a walk and pray for every person and home you pass

FEB 19 Day 3: Thank a teacher

FEB 20 Day 4: Give \$20 to a non-profit of your choosing

FEB 21 - 1st SUNDAY of Lent

FEB 22 Day 5: Take 5 minutes of silence at noon

FEB 23 Day 6: Look out the window until you find something of beauty you had not noticed before

FEB 24 Day 7: Give 5 items of clothing to Goodwill

FEB 25 Day 8: No complaining day

FEB 26 Day 9: Pray for this year's Confirmands

FEB 27 Day 10: Contact the church office with your updated Emergency Contact information

FEB 28 - 2nd SUNDAY of Lent

MAR 1 Day 11: Call an old friend

MAR 2 Day 12: Pray the Paper (pray for people and situations in today's news)

MAR 3 Day 13: Contribute to Pennies for Haiti: www.santamonicaumc.org/haiti

MAR 4 Day 14: Pay a few sincere compliments

MAR 5 Day 15: Call a church member you miss seeing

MAR 6 Day 16: Give up negative self-talk

MAR 7 - 3rd SUNDAY of Lent

MAR 8 Day 17: Forgive someone

MAR 9 Day 18: Thank a grocery clerk

MAR 10 Day 19: Enjoy today's Mid-Week Recital online: www.santamonicaumc.org/livestream

MAR 11 Day 20: Read today's Lenten devotion www.santamonicaumc.org/lenten-devotional

MAR 12 Day 21: Ask for help

MAR 13 Day 22: Tell someone what you are grateful for

MAR 14 - 4th SUNDAY of Lent

MAR 15 Day 23: Pray for your neighbor

MAR 16 Day 24: Read Psalm 121

www.bible.oremus.org

MAR 17 Day 25: Bake a cake

MAR 18 Day 26: Pray the United Methodist Social Creed and Litany: www.umc.org/what-we-believe/our-social-creed

MAR 19 Day 27: Light a virtual candle:

www.gratefulness.org/light-a-candle

MAR 20 Day 28: Light an actual candle

MAR 21 - 5th SUNDAY of Lent

MAR 22 Day 29: Write a thank you note to your favorite teacher

MAR 23 Day 30: Donate to our Pop-Up library

MAR 24 Day 31: Take a walk and give thanks for God's creation

MAR 25 Day 32: Sign up for Home Run for Kids: www.santamonicaumc.org/home-run-for-kids

MAR 26 Day 33: Read John 8:1-11:

www.bible.oremus.org

MAR 27 Day 34: Pray for brothers and sisters of other faiths

MAR 28 - Palm Sunday

MAR 29 Day 35: Confess a secret

MAR 30 Day 36: No sugar day – where else is there sweetness in your life?

MAR 31 Day 37: Donate to the Westside Food Bank

APR 1 Day 38: Walk the Virtual Labyrinth: www.santamonicaumc.org/labyrinth

APR 2 Day 39: Pray for peace

APR 3 Day 40: Come to the Easter Drive-By event at First UMC from 11 a.m.-3 p.m. All ages! Details: www.santamonicaumc.org

(Borrowed and Adapted from "House for All Sinners and Saints" in Denver, CO)

APRIL 4 - EASTER SUNDAY

2021

Opening
Our Lives



www.santamonicaumc.org/lent