

# JOURNEY THROUGH LENT

## 2019 Lenten Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Student Features</b> <i>Each Sunday, in addition to scripture readings, we also invite you to turn to the reverse of this page for a brief feature on a UMHEF scholar. Thank you for praying for all UMHEF scholars!</i>			<b>March 6</b> ATTEND a UMC Ash Wednesday Service.	<b>7</b> COMMIT time to a devotional each morning.	<b>8</b> REPENT of your sins and ask God's forgiveness.	<b>9</b> FORGIVE those who have wronged you.
<b>10 1st Sunday in Lent</b> "Return to the Lord your God, for He is gracious." Joel 2:13 <i>Student Feature: Ben</i>	<b>11</b> PRAY for Christians who are in captivity.	<b>12</b> FAST from social media today.	<b>13</b> READ the hymn, <i>Come Thou Long-Expected Jesus</i> .	<b>14</b> PRAY for God's guidance in every aspect of your life.	<b>15</b> SKIP a meal and give the savings to a homeless shelter.	<b>16</b> VISIT a shut-in and take them a hot meal.
<b>17 2nd Sunday in Lent</b> "The right time has come," he said." Mark 1:15 <i>Student Feature: Daralyn</i>	<b>18</b> ASK God to help you reconcile any broken relationships.	<b>19</b> SAY a special prayer of gratitude for all you have.	<b>20</b> BE a witness for Christ.	<b>21</b> WRITE a thank you note to a former teacher or mentor.	<b>22</b> CHANGE or quit an unhealthy habit you might have.	<b>23</b> VOLUNTEER at a non-profit organization.
<b>24 3rd Sunday in Lent</b> "Surely you know that you are God's temple." 1st Cor. 3:16 <i>Student Feature: Whitney</i>	<b>25</b> CREATE a prayer list and pray it every day.	<b>26</b> SEEK to be led by God.	<b>27</b> GIVE encouragement to someone in need of it.	<b>28</b> HOST a small group Bible study.	<b>29</b> PRAY for UM students and UM-related schools.	<b>30</b> REJOICE in God's gift of nature; spend the day outside.
<b>31 4th Sunday in Lent</b> "I am the vine, and you are the branches." John 15:5 <i>Student Feature: Chris</i>	<b>April 1</b> WRITE a note of thanks to a soldier or veteran.	<b>2</b> SING a hymn of praise to God!	<b>3</b> PRAY for God's blessing on The United Methodist Church.	<b>4</b> REACH out to someone who is difficult to get to know.	<b>5</b> INVITE someone to attend Sunday worship with you.	<b>6</b> CLEAN up an elderly neighbor's yard.
<b>7 5th Sunday in Lent</b> "But God raised him from death, setting him free." Acts 2:24 <i>Feature: Marcharkelti</i>	<b>8</b> PRAY for the leaders of our nation.	<b>9</b> DISCIPLE a new believer.	<b>10</b> GIVE to UMHEF to support UM students.	<b>11</b> TRUST in God; lean not on your own understanding.	<b>12</b> ASK God to reveal your spiritual gifts to you and use them.	<b>13</b> FELLOWSHIP with God today; experience Him in nature.
<b>14 Palm Sunday</b> "Blessed is the king who comes in the name of the Lord!" Luke 19:38 Read Mark 11:1-10	<b>15 Holy Week</b> STUDY the Easter story this week. Read Mark 11:12-26.	<b>16 Holy Week</b> BEHOLD JESUS! Read Mark 11:27-12:12	<b>17 Holy Week</b> HONOR JESUS! Read Mark 14:1-11.	<b>18 Maundy Thursday</b> TRUST JESUS! Read Matthew 26:14-75.	<b>19 Good Friday</b> REMEMBER JESUS! Read Matthew 27:1-66.	<b>20 Easter Saturday</b> RECEIVE JESUS! Read Acts 2:22-29.

**21 EASTER**  
**REJOICE!**  
*Christ is risen, indeed!*



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Lent is an important time in the Christian year when we can prepare our hearts and spirits for Jesus. The forty days of Lent, not counting Sundays, last from Ash Wednesday through Easter Saturday. The time period represents the forty days Jesus suffered in the wilderness, enduring the temptations of Satan by remaining close to God through fasting and prayer. The unimaginable time of Jesus' trials and suffering is what prepared Him to carry out His ministry.

As Christians, we can dedicate the Lenten season to God and ask God to prepare our own hearts and minds for the ministry God has entrusted to us. Whether God is calling you to a time of repentance, fasting, prayer, or servanthood, the United Methodist Higher Education Foundation (UMHEF) has created this Lenten calendar to help you center your heart and mind on God each day and become new in Christ during this season.

We hope that this calendar will be a blessing and a tool to help you grow in your faith.



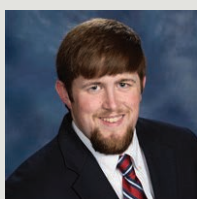
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*The grand vision of the United Methodist Higher Education Foundation is that it be economically possible for any qualified United Methodist student to be educated at a United Methodist-related institution of higher education.*

*UMHEF supports United Methodist students attending one of the 116 UM-related schools, colleges, universities, and seminaries. Our partnerships with local UM churches, schools, annual conference foundations, and donors allow over 1,000 students to receive more than \$2 million in vital scholarship support every year.*

## STUDENT FEATURES

March 10  
1st Sunday of Lent



"I don't even know where to begin in thanking the scholarship donors at UMHEF. Thanks to their generosity and stewardship, I am able to equip myself for service to Christ and the Church for many years to come."

- Ben  
Candler School  
of Theology

March 17  
2nd Sunday of Lent



"Thank you for contributing to the success of my education." Your scholarship gifts have made it possible for Daralyn to thrive at Dillard University in New Orleans, LA. She will graduate as the first female physics major from Dillard this spring.

- Daralyn  
Dillard University

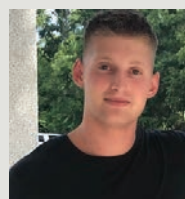
March 24  
3rd Sunday of Lent



"Thank you for your commitment for providing a way for me to focus less on financial stress and more on my studies and the call that God has placed on my life. Your generosity and kindness means a great deal to me and my family."

- Whitney  
United Theological  
Seminary

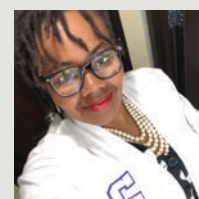
March 31  
4th Sunday of Lent



"Thank you for your support over the past four years of my undergraduate studies at HPU. I could not have accomplished my goals or had such a fine entrepreneurial education without your help and support."

- Chris  
High Point  
University

April 7  
5th Sunday of Lent



Marcharkelti's heart for excellence in ministry has propelled her to seek training in theological education. Her UMHEF scholarship has helped her pursue a Master of Divinity degree. "Thank you!"

- Marcharkelti  
Gammon Theological  
Seminary