

Lent

February 26 - April 12, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			February 26 Attend a UMC Ash Wednesday Service.	27 Study Joel 2:12-14	28 Pray for God's guidance in every aspect of your life.	29 Do: Give away things in your closet that you no longer need.
March 1 <i>1st Sunday in Lent</i> Go to a UM church and immerse yourself in worship.	2 Encourage: Write someone a thank you note.	3 Commit to a time for a daily devotional.	4 Study Acts 2:22-30	5 Pray for the leaders of the country, the world, and your community.	6 Do: Give up snacks, sweets, and sugary drinks for the day.	7 Encourage: Smile and say hello to each person you see all day.
8 <i>2nd Sunday in Lent</i> Attend a UM church service and introduce yourself to someone new.	9 Commit to a new healthy habit, or quitting an unhealthy old habit.	10 Study Ezekiel 18:21	11 Pray for people who are sick today.	12 Do: Give time volunteering at a school or nonprofit today.	13 Encourage: Say something nice to each person in your office or family.	14 Commit a part of each day to no phones or screens.
15 <i>3rd Sunday in Lent</i> Smile and make a point to welcome any guests visiting your church.	16 Study Joel 2:1-2	17 Say a special prayer of gratitude for all you have.	18 Do: Give a neighbor a hand in their yard or home.	19 Encourage: Notice someone doing a good deed and thank them.	20 Commit to learning something new about a country or culture.	21 Study Mark 9:2-10
22 <i>4th Sunday in Lent</i> Visit or tour a sanctuary or chapel to see how God works in their space.	23 Pray for the students and faculty of United Methodist schools.	24 Do: Give a donation to UMHEF for scholarships (umhef.org).	25 Call a former teacher or current student to encourage them.	26 Commit to learning more about the many UM-related schools.	27 Study John 12:42-50	28 Pray for clergy and church leaders everywhere.
29 <i>4th Sunday in Lent</i> Attend a different service or new church (or just sit in a new section!).	30 Do: Turn off the car radio today and see what new things you notice.	31 Encourage: Give a stranger a cup of coffee or lunch.	April 1 Commit to reading a book on spiritual growth.	2 Study Matthew 26: 1-5	3 Pray for forgiveness.	4 Sing, even if silently, "Great is Thy Faithfulness."
5 <i>Palm Sunday</i> Bring a guest to church with you today.	6 <i>Holy Week</i> Do: Host a small group to discuss Holy Week.	7 <i>Holy Week</i> Study Matthew 26: 14-16	8 <i>Holy Week</i> Pray for God's glory to be seen by all.	9 <i>Maundy Thursday</i> Attend a Maundy Thursday service. Matthew 26: 26-30	10 <i>Good Friday</i> Learn the history of the Tenebrae service. Luke 23:1-12	11 Set aside extra time today for contemplation. Luke 23:38-43

12 EASTER

Rejoice and
Celebrate!

Mark 16:5-7



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Lent



Lent is an important time in the Christian calendar when we can prepare our hearts and spirits for Jesus. The forty days of Lent, not counting Sundays, lasts from Ash Wednesday through Easter Saturday. The time represents the forty days Jesus suffered in the wilderness, enduring the temptations of Satan by remaining close to God through fasting and prayer. This 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 Him to prepare our hearts and minds for the ministry He has entrusted to us. Whether God is calling you to a time of prayer, introspection, or servanthood, The UMHEF has created this Lenten calendar to help you center your heart and mind on God each day and become new in Christ this Lenten season.

We hope this calendar will be an encouraging guide through the 2020 season of Lent. May you find opportunities to remember the sacrifice of Jesus through prayer, study, sacrifice, and service.

Notes:

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 119 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.



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