

It's almost Lent.

Lent is an important time in the Christian calendar to prepare our hearts and minds for Jesus. The 40 days* of Lent 2024 begin on February 14, Ash Wednesday, and end on March 30, the Saturday before Easter. This time represents the forty days Jesus suffered in the wilderness, enduring temptations and remaining close to God through fasting and prayer. This unimaginable time of trials and suffering is what prepared Jesus to carry out His ministry.

Through prayer, introspection, and service, you can also set aside the days of Lent to deepen your spiritual life and discern what God asks of you. On the next page, you will find a special Lenten calendar, a gift from the United Methodist Higher Education Foundation. We invite you to use the daily prompts to help you pause, focus on God, and find renewal in Christ.

Prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. Like obedient children, do not be conformed to the desires that you formerly had in ignorance. Instead, as he who called you is holy, be holy yourselves in all your conduct, for it is written, "You shall be holy, for I am holy."

1 Peter 1: 13-16, NRSV



“Lent is a favorable time for letting Christ serve us so that we in turn may become more like him.”

POPE FRANCIS



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.

*The 40 days of Lent do not include Sundays.

Visit [UMHEF.ORG/GIVE](https://umhef.org/give) If you would like to support the United Methodist Higher Education Foundation as part of your Lenten commitment. You can also mail a check, made out to UMHEF, to P.O. Box 340005, Nashville, TN 37203 or call 1-800-811-8110.





Lent

February 14 - March 31, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			February 14 Attend an Ash Wednesday service.	15 Make a copy - print or digital - of this calendar, and share with a friend!	16 Fast from social media.	17 Visit a shut-in and deliver a meal or special treat.
18 <i>1st Sunday in Lent</i> Read Mark 1:9-15	19 Pray for the children in your neighborhood.	20 Say "thank you" to a store clerk, server, and/or delivery person.	21 Repent of your sins. Ask God for forgiveness.	22 Be humble.	23 Share an online post from your church with friends and family.	24 Commit to a new, healthy habit.
25 <i>2nd Sunday in Lent</i> Read Mark 8:31-38	26 Pray for people affected by war and conflict around the globe.	27 Send an encouraging letter or email to someone.	28 Skip a meal and give your savings to a favorite charity in your community.	29 Today is Leap Day! Do something fun. Play!	March 1 Read the words of Charles Wesley's hymn "Come, Thou Long-Expected Jesus"	2 Make a list of the blessings you have received in life.
3 <i>3rd Sunday in Lent</i> Read John 2:13-22	4 Pray for God's blessing on The United Methodist Church	5 Pray for God's blessing on those affiliated with other denominations.	6 Reach out to someone who is difficult to get to know.	7 Seek to be led by God.	8 Open your heart to someone you disagree with.	9 Ask God to reveal your spiritual gifts to you and use them.
10 <i>4th Sunday in Lent</i> Read John 3:14-21	11 Pray for your immediate family members.	12 Be a witness for Christ.	13 Forgive those who have wronged you.	14 Remember and give thanks for those who have guided your faith and disciplined you.	15 Support a local business.	16 Go on a walk and listen to the sounds of nature.
17 <i>4th Sunday in Lent</i> Read John 12:20-33	18 Pray for someone in your extended family.	19 Fast from electronics.	20 Ask God to help you reconcile a broken relationship.	21 Text someone you haven't heard from recently and ask how they're doing.	22 Invite someone to join you for next week's Easter service.	23 Plant flowers or garden seeds. (Start seedlings inside if needed.)
24 <i>Palm Sunday</i> Read Mark 14:1 - 15:47	25 <i>Holy Week</i> Read John 12:1-11	26 <i>Holy Week</i> Read John 12:20-36	27 <i>Holy Week</i> Read John 13:21-32	28 <i>Maundy Thursday</i> Read John 13:1-17, 31b-35	29 <i>Good Friday</i> Read John 18:1 - 19:42	30 <i>Holy Saturday</i> Read John 19:38-42

31 EASTER
Christ the Lord is risen today!
Hallelujah!
Read John 20:1-18



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Consider a gift to UMHEF as part of your 2024 Lenten commitment.
Visit umhef.org/give, use the enclosed envelope, or call 1-800-811-8110.