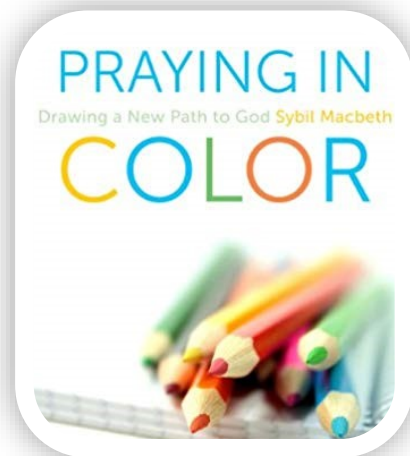
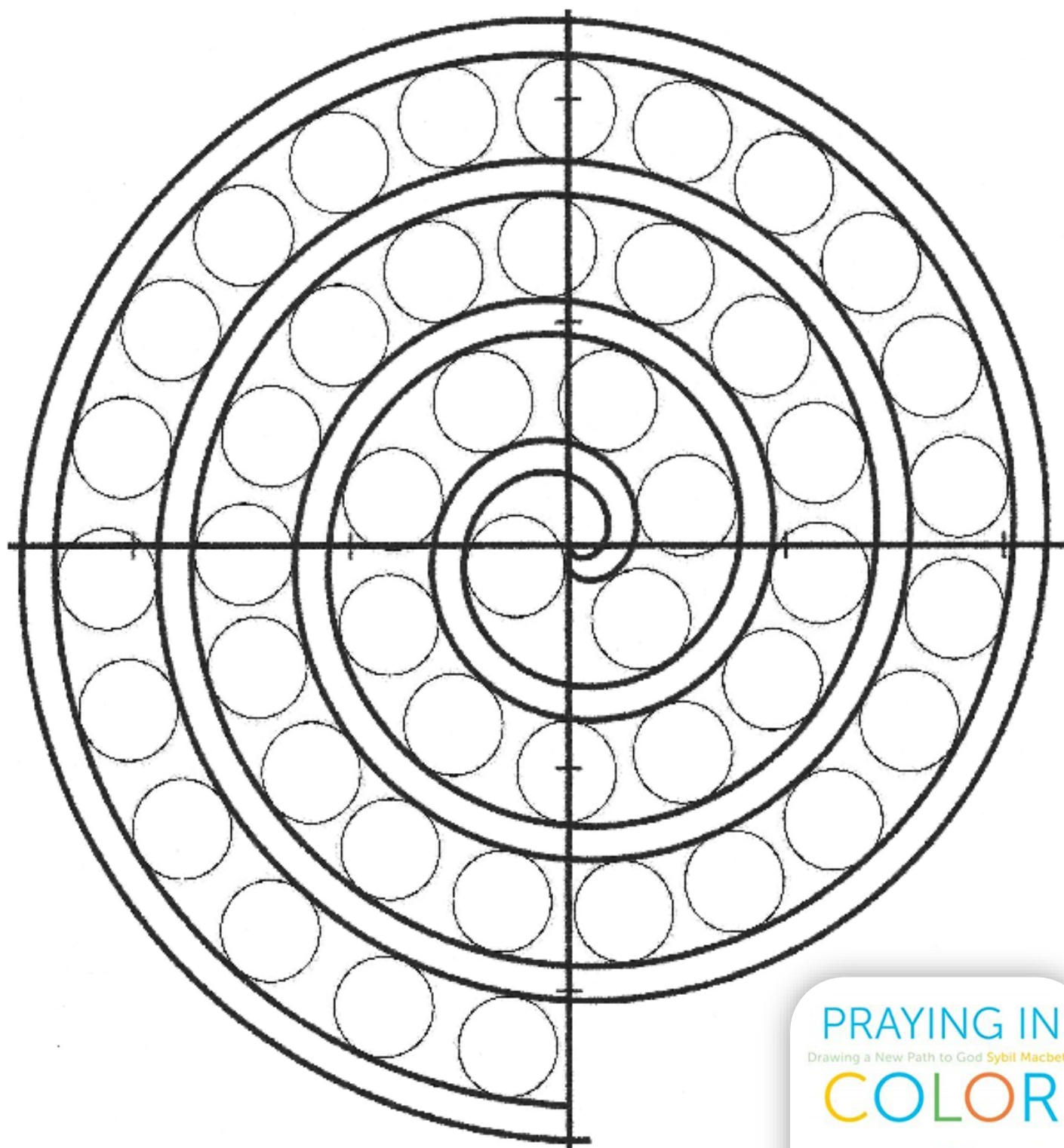


# Lent 2020



## Ways to Use this Lent Calendar:

These are some ideas for ways to fill in one space each day.

- 1) **Pray for a person** each day of Lent.
- 2) **Use a daily book of Lenten meditations**. Read the meditation for the day and select a word that jumps out at you. Meditate on the word as you draw and color around it. Let it enter your heart and mind. Ask God what you need to hear from the word.
- 3) **Follow a daily lectionary** and choose a word from one of the Scripture readings.
- 4) **Read the same Psalm each day** and choose a daily word. Psalm 51, for example, is a penitential Psalm with lots of juicy (sometimes depressing) words in it.
- 5) **Read a different Psalm** each day and choose a word.
- 6) Use nouns or adjectives that **describe the nature and character of Jesus**: savior, redeemer, healer, radical, obedient, forgiving,...
- 7) Since Lent is a time for **reflection and self-examination**, scatter your confessions, character defects, regrets, worries, fears, and sorrows on the template. Ask the Holy Spirit to be present as you reflect on these. This is not meant to be an exercise in self-flagellation, but a way to be honest with yourself and draw closer to God and God's unconditional love. Mix in some dreams, hopes, and thanksgivings.
- 8) Create a visual **gratitude list**. Each day add a word or an image. The items on your gratitude list can be important and profound or simple and fleeting: a cup of coffee, a walk around the block, a smile from a child....