



2019 LENTEN CALENDAR



6 Maintain silence for 30 minutes upon waking up	7 Give up Netflix	8 Take an hour-long walk	9 Don't look at your phone for an hour after waking up	11 Clear your closet	12 Write a note to someone you have not talked to for a while	13 Learn to knit	14 Spend 20 minutes in silence
15 Help someone!	16 Do not buy any coffee. Donate that money.	18 NO alcohol today	19 Pray in the morning	20 No meat day	21 Fast for breakfast and lunch	22 Meditate on a word that catches your attention in the prayer.	23 Learn to make friendship bracelets
25 No Shopping day	26 Read for an hour	27 Volunteer at church	28 Park far in the parking lot. Pray as you walk.	29 Exercise for 30 minutes	30 Eat at home all day today	1 Soup Only day	2 Bring a friend to church
3 Dine with someone you have not seen in a while	4 Call someone you have not talked to in a while	5 Walk barefoot	6 Sit in your prayer chair for 30 minutes	8 No TV day	9 Go to bed before 10 pm.	10 No chocolate day	11 Stay positive
12 No pillow	13 Eat only vegetables	15 Try Yoga	16 No Complaining day!	17 Read your Bible for at least 1 hour	18 Volunteer somewhere	19 Pray when you stop at a red light	20 Pay for someone else's food, bus, coffee etc