

LENT CALENDAR

A calendar for daily reflection and preparation during Lent inspired by seven of the last sayings of Jesus from the cross. This is designed for families of all ages to do together at home. During ongoing COVID-19 restrictions, ensure that seeing or contacting others is done in a safe and socially-distanced way.

WEEK BEGINNING

14 February

21 February
First Sunday of Lent

28 February
Second Sunday of Lent

7 March
Third Sunday of Lent

14 March
Fourth Sunday of Lent

21 March
Fifth Sunday of Lent

28 March
Palm Sunday

Words spoken by Jesus

Father, forgive them for they do not know what they are doing.
Luke 23.34

Today you will be with me in Paradise.
Luke 23.43

Woman, here is your son... here is your mother.
John 19.26-27

My God, my God, why have you forsaken me?
Matthew 27.46

I am thirsty.
John 19.28

Father, into your hands I commend my spirit.
Luke 23.46

It is finished.
John 19.30

THEMES

Forgiveness

Hope

Family and friends

Courage

Justice

Trust in God

Love

	Forgiveness	Hope	Family and friends	Courage	Justice	Trust in God	Love
SUNDAY		Smile! Share happiness with those around you.	Pray for your church community today.	Have courage in your faith in God – share it with others!	Raise some money for charity during this week.	Pray Jesus' words today: 'Into your hands I commend my spirit.'	Holy Week Start Holy Week by making a palm cross.
MONDAY		Pray the Lord's Prayer. How can you make your bit of earth more like heaven?	Spend some quality time with your family or friends	Pray for those who are facing an uncertain or challenging future.	Be grateful for all that you have – try not to waste anything.	If you have any worries pass them over to God.	Jesus prays with his disciples. Pray for your friends today.
TUESDAY		Think before you judge people – give them a chance.	Be grateful for the little things that happen today.	Look out for anyone who appears to be lonely. Make time for them.	Read a newspaper. Pray for any situations that trouble you.	Pray for the first (non-family) person that you see today.	Jesus is denied by Peter – be confident and proud of your faith in the Lord!
WEDNESDAY	Ash Wednesday Start Lent in prayer – ask God to help you each day.	Pray for all who are persecuted.	Are there any housebound people in your neighbourhood whom you could help?	Pray for the unemployed and for all who feel desperate.	Look at a charity website (e.g. Tearfund, Oxfam) and pray for their current work.	Do you know anyone who is recently bereaved? Give them a call.	Jesus prays in the Garden of Gethsemane. Spend some quiet time today.
THURSDAY	Do you need to seek forgiveness from anyone?	Talk to somebody you'd normally ignore.	Surprise a friend by doing something special for them.	Ask God to help your belief to grow stronger.	Think about how you treat others. Are you always fair?	Keep focused on God – think before you speak and act.	Jesus washes the disciples' feet – show compassion to someone today.
FRIDAY	Try to be peaceful all day – no negative words or actions!	Surprise someone by sending an affirming text message.	Make contact with someone you have not seen for a while.	Think about those who are in hospital – pray that they will be strengthened.	Check any prejudices that you might have. Change any negative attitudes.	Think about your relationships with others – put right any disagreements.	Fast today as you think about the cross – just have a simple meal and water.
SATURDAY	Make friends with anyone you've fallen out with – forgive as Jesus forgives.	Pray for those who are sick – that they will be comforted.	Do a positive action to show appreciation to someone who cares for you.	Think differently: challenge yourself to do something new!	Try not to spend any money on yourself.	Ask someone to pray for you and your intentions. Pray for them too!	Jesus is placed in the tomb. Pray for those who have died.