

2022 Lenten Devotional Calendar
(Prepared by Dana Marzolf)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Shrove (Fat) Tuesday A day of feasting before Lent	Ash Wednesday Plan to attend or watch the Ash Wednesday service	NO TV or computer screens today – except for homework	Make a list of five things for which you are grateful	Say ‘hello’ to one of your neighbors	Meditate on today’s sermon and its meaning for you
Pray for those who have died this past year	When you are kind to others your soul is nourished	List your doubts – they may cause you to search and grow	Pray for the sick or lonely in the world	Think about how the Holy Spirit manifests itself in your life	If you drive today, try to make your trip in silence- no radio or phone	Try to say something nice about each member of your family
Send a card to someone in a nursing home who may need a little love	Jesus embodied trust in God. In whom or what do you trust?	Finish this sentence: “Faith to me means...”	Meditate on God’s PRESENCE. How is God present in you today?	How would you like God to transform your life?	Pray for the healthcare workers in your area	Bring in some canned goods for the food Pantry
Buy or cook lunch for someone today	Pray for those who live in war torn countries	Make a cross with things you can find in nature	Pray for those you disagree with	Pray for the missionaries in other countries	Does your life bear witness to what you believe?	Write an affirmation or statement of faith in what you believe
Meditate on how Jesus has ‘opened your eyes’ and helped you see	Pray for the farmers who grow our food – may they have a good year	Get up 30 minutes earlier today to pray and listen for what God may be saying to you	Are you still in the process of growing to be a Christian?	Donate food or supplies to the animal shelter	Pray that God will help change a negative attitude	Pray for the pastor today
Spend some time thinking about a part of Sunday’s service that was meaningful to you	Jesus’s actions sealed His future. What actions are you taking for your future?	Pray for those in prison around the world – especially those in prison for their faith	Pray for the people who teach in schools	Pray for those in government that they may make good decisions for the people	Pray for the homeless and those who live in sub-standard housing	Palm Sunday: Meditate on the word <i>HOSANNA</i> . What does it mean to you?
Often we judge others. How would God judge you?	Why do we call this week ‘Holy’?	Spend some time listening to Christian music today – think about the meaning of the words	Have you ‘betrayed’ the Lord by doing something that you know is wrong?	Meditate on the meaning of the torn curtain	Jesus was dead. What had it all meant? Where was God now?	Easter Sunday: <i>Read Matthew 28:1-8</i> . The Lord has truly risen! Alleluia!