

Lent

2025

Southside
BUMC

MON	TUE	WED	THU	FRI	SAT	SUN
3/3	3/4	Day 1 Ash Wednesday: Place the good of others above your own. March 5	Day 2 Select a prayer time to mediate and respond to God's presence. March 6	Day 3 Give up on self- indulge for the day. March 7	Day 4 Examine your struggles and take one step towards resolution. March 8	Day 5 Greet others with love and joy! March 9
Day 6 Choose a new tradition to observe this lent. March 10	Day 7 Give up control. Let Go and Let God. March 11	Day 8 Lend a helping hand. March 12	Day 9 Take time to be alone with the Holy Spirit. March 13	Day 10 Nuture a thankful heart. March 14	Day 11 Make a list of the gifts in your life and carry it with you to cultivate joy. March 15	Day 12 Do Good. Carry out some "giving" space for prayer. March 16
Day 13 Minister to others. Know that in service to others lies happiness. March 17	Day 14 Listen with all your heart and mind. March 18	Day 15 Memorize a Bible verse that is meaningful to you. March 19	Day 16 Practice silence. March 20	Day 17 Carve out time for God and designate a sacred space for reflection. March 21	Day 18 Carry a visual reminder with you to remind yourself to connect with God. March 22	Day 19 Create a sacred space for prayer. March 23
Day 20 Write a prayer of Thanksgiving. March 24	Day 21 Choose one area of your life to work on and improve with God's help. March 25	Day 22 Let go of worries about the future. Be present now. March 26	Day 23 Fast from a convenience of life. Take the longer path. March 27	Day 24 Pray for your enemies. March 28	Day 25 Give up the upper hand. Let someone go before you. March 29	Day 26 List your influences and then remove the unhealthy things from your list. March 30
Day 27 Slow down and savor every moment God has Given you. March 31	Day 28 Make one significant contribution this Lent to aid the poor. April 1	Day 29 Feed the birds this Lent. Do not forget to put out fresh water. April 2	Day 30 Give up one cultural expectation that is a sign of external signs of accomplishment April 3	Day 31 Devise one way to bring Christ closer to you in your work environment. April 4	Day 32 Write about your spiritual journey. April 5	Day 33 Pick one corporal work of mercy to practice over the next few days. April 6
Day 34 Pray and mediate on sorrowful mysteries. April 7	Day 35 Show compassion by choosing to practice one work of mercy. April 8	Day 36 Look for opportunities for reconciliation. April 9	Day 37 Examine your own acts of kindness and make amends to those you've hurt. April 10	Day 38 Find stories about personal transformation and share them with others. April 11	Day 39 Remember your baptism. April 12	Day 40 Blame Game. Work to move from blaming to proclaiming God's work in all things. April 13

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Day 41 Practice solitude. April 14	Day 42 Rest in Jesus. April 15	Day 43 All that is flows from God. Meditate on this truth. April 16	Day 44 Participate in the sacrament of Communion. April 17	Day 45 Observe Good Friday. April 18	Day 46 Take time for silence as you prepare for Easter. April 19	Day 47 EASTER SUNDAY!!! HE IS RISEN!!! April 20

