

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February

## Guatemala Week

**ASH WEDNESDAY**  
Have 15 minutes of quiet time alone. (Optional) Visit the Grove Lent Experience @ the Grove Church 9am-9pm. **22**

Don't text today, try to make personal voice contact with the people you call. **23**

Do some chores around the house that you don't normally do. **24**

Do some yard work or home repair for a neighbor. Take their trash to the dump, shovel snow, replenish wood pile, etc. **25**

Share a meal with friends and read Luke 1-4 together. **26**

Visit [bridge-of-hope.weebly.com](http://bridge-of-hope.weebly.com) and become familiar with our mission to Guatemala. **27**

Visit [bridge-of-hope.weebly.com](http://bridge-of-hope.weebly.com) and donate \$10 to help feed the children in the Village of Chisis. **28**

Eat only one meal today of tortillas, rice, and beans. During the other two meals pray for the children in the Village of Chisis. **29**

Limit your water today: Forego a shower, or let the "yellow mellow" Visit [thegrovechurch.com/guatemala](http://thegrovechurch.com/guatemala) and read about our coffee farmer Andres. **1**

Buy someone a cup of coffee today and share the story of our coffee farmer Andres from Guatemala. **2**

Drink only tap water today as an act of solidarity with those who don't have access to clean water. **3**

Share a meal with friends and read Luke 5-8 together. **4**

Write a prayer to God explaining the habits, behaviors, and sins you want to die to. **5**

Call someone you had a falling out with and make amends. **6**

Fast during daylight hours or choose one meal to fast. **7**

Do something that you have been putting off or trying to avoid. **8**

Go for a walk in your community and pick up any trash you see and throw it away. **9**

Go for a jog or a long walk today and Exercise for at least one hour. **10**

Share a meal with friends and read Luke 9-12 together. **11**

Pray the Lord's Prayer 5x today at 9am, 12pm, 3pm, 6pm, 9pm **12**

Watch/read the local news with family or friends and pray about what you saw. **13**

Pray before and after each meal today **14**

Fast from Technology today: tv, computer, internet, video games, music. **15**

Make a meal together as a family or with friends and then eat and talk about your day. **16**

Choose one person and pray for them 3 times today. **17**

Share a meal with friends and read Luke 13-16 together. **Pray for the Grove Kids Leadership Team** **18**

Call your local city council and ask them what the most pressing needs in the community are. **19**

Go for a walk at a park or in your community and pray for everyone you see. **20**

Send a hand written letter to a family member that could use encouragement. **21**

Fast from the radio or music while in the car and spend the time talking with God or friends. **22**

Get rid of one or more items from your closet or dresser. **23**

Cook a meal for someone and take it to them. **24**

Share a meal with friends and read Luke 17-20 together. **25**

Don't use any sarcasm today. Spend the day encouraging those around you. **26**

Put a list of things you are grateful for in your pocket and take it out every time you find yourself complaining. **27**

Have a conversation with or do something thoughtful for a neighbor or classmate. **28**

Tell stories as a family tonight by having each person share something that made them laugh this week. **29**

Give up online social networking for a day.: (Facebook, MySpace, Twitter, etc.) **30**

Participate in the **Church Work Day** for at least one hour @ the Grove Church 10am-2pm. **31**

# April

Share a meal with friends and read Luke 21-24 together. **1**

Place random Post-it notes with encouraging messages around the house or work for your family or friends to find. **2**

Call or talk to someone you love and tell them what you love about them. **3**

Memorize John 13:34 **4**

Don't eat out today and give what you would normally spend anonymously to someone you know who needs it. **5**

**GOOD FRIDAY** Spend 10 minutes in silence remembering Jesus' death. **6**

Spend the evening with people you love. **7**

## Lent 2012 Experiential Calendar

Lent is a season in which we practice giving up something important in order to refocus our lives on God. By fasting from certain things, we practice dying to ourselves. And by refocusing our lives, living to God, we intentionally choose things that help us become the kind of people God desires us to be. This calendar suggests daily practices for fasting-from and living-to during the Lenten season.

