

A 2024 Lenten Planner

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Instructions: Below are some ideas for your observance of Lent. Lent starts Ash Wednesday (2/14) culminating with Holy Week (3/24) and the celebration of Easter (3/31). Feel free to generate your own ideas. Try to be reasonable and where possible share an intention with someone else. The journey is easier when walking with others. Post this planner on your fridge as a reminder. Feel free to adapt this planner for your local congregation, class, or ministry.



At Your Local Congregation

- If you don't have a local congregation, a church home, use Lent to find one.
- Attend an Ash Wednesday Service on February 14.
- Read the book your congregation is studying this Lent.
- Participate in the discussion opportunities about the book your congregation is offering.
- Strive to worship and pray more intentionally, with your heart and mind, during Lent.
- Get involved in your local church in a new way, volunteering, serving, or participating.
- Give careful attention to the Sunday preaching this Lent.
- Give the preachers in your church this Lent some meaningful feedback about their sermons.
- Take the Lord's Day Challenge (see other side)

Beyond Your Local Congregation

- Pray Daily or learn to pray daily in a new way (e.g. silent prayer, praying with beads, etc.)
- Take something on (e.g. Reading the Bible) and Give something up (e.g. Meat on Fridays)
- Watch one or more movies with spiritual themes in Lent (e.g. *Doubt*, *The Mission*, etc.)
- Ask for God's help and be intentional about growing in one of the fruits of the Holy Spirit (e.g. Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Self-Control).
- Read through one of the four Gospels this Lent.
- Read a spiritual book this Lent (see other side for recommendations)
- Volunteer at a local shelter or soup kitchen during Lent.
- Help out a neighbor or friend with a project during Lent.
- Commit to a date night with your spouse/significant other during Lent.
- Reconnect with an old friend or family member during Lent.
- Schedule a special one on one time with your children during Lent.
- Ask God to help you get over a negative way of relating to another person.
- Stop doing something in order to focus more time on family, friends, and God.
- Make time to rest. Say no to something. Do something fun.
- Admit you have a problem in your life and seek help.
- Meet with a priest, pastor, or spiritual director for an annual spiritual check-up during Lent.
- Fast from a meal once a week and give the money normally spent to somebody in need.
- If you're an ordained or lay ministry leader, stipendiary or not, do something this Lent for your own spiritual well-being. Carve out at least a little bit of time to nourish our own faith.

Lenten Book Recommendations

Give priority to the book your local congregation is studying, after that consider asking your pastor/priest/spiritual director for recommendations. You may also find these helpful:

Being Disciples: Essentials of the Christian Life
by Rowan Williams, the former Archbishop of Canterbury

Six short chapters, a good option for individual or group study.

Invitation to Solitude and Silence: Experiencing God's Transforming Presence
by Ruth Haley Barton.

Short and accessible chapters that honestly explore the challenges and blessings of practicing solitude and silence for people with busy lives.

The Greatest Desire: Daily Readings with Walter Hilton
edited by Kevin Goodrich OP.

Short snippets of the renowned 14th century spiritual writer's guidance to a medieval anchoress. Meant to be read over slowly and meditatively. Hilton was a contemporary of Julian of Norwich.

+ The Lord's Day Challenge

Honoring the Lord's Day is part of what it means to be a Christian. There are many ways to do this. You are challenged to observe practice A and to strive toward practice F every Sunday.

- A. On your own, acknowledge Sunday as a day of worship by offering a brief prayer of thanks to God for all that is good in your life. Also, offer a brief prayer for your church.
- B. On your own or with your family, roommates, or friends, acknowledge the Lord's Day through a brief time of worship. There are many online and in-print resources for this.
- C. If your church records the Sunday sermon, listen to the sermon preached that morning, ideally that Sunday or early in the week.
- D. Talk about the sermon with a family member or friend that Sunday or early in the week.
- E. Instead of or as part of practice B, on your own or with others participate in your local church's worship service live and online, if they offer such. This can be a good option in bad weather, if you are sick, or are traveling.
- F. Attend worship in-person on Sunday. If traveling check-out another church, your denomination or otherwise. This is a way of maintaining the practice of regular worship.