



LENT

A GRACE GUIDE FOR
OBSERVING THE SEASON

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

14 Lent begins on Ash Wednesday.

FEB 14 Come to Ash Wednesday Services in two locations at Orlando and Oviedo. See discovergrace.com/ashwednesday for more.

FEB 15 Build a Lenten worship playlist that you listen to often during these 40 days. Use songs you love, or find our Spotify playlist at discovergrace.com/lent

FEB 16 Place a cross somewhere where you will see it regularly during Lent.

FEB 17 Spend a day with no screens — computer, phone or TV. Pray for someone every time you wish you could turn it on.

FEB 18 Mindfully take communion at church today. Reflect intently on Christ's death on your behalf and His forgiveness of all your sins.

FEB 19 Identify a family member, friend, neighbor or co-worker you could invite to Easter services with you. Pray for the opportunity to ask them.

FEB 20 Slowly pray through the sections of the Lord's Prayer (Matthew 6:9-13). Write down ways that each part of the prayer could change your life.

FEB 21 Don't spend money on food or drink for yourself today. Look for someone in need to offer what you would have spent on yourself, or donate what you would have spent to an organization that feeds the hungry.

FEB 22 Handwrite an encouraging note.

FEB 23 Confess your heart and any sin to your spouse or close friend. Read 1 John 1 together.

FEB 24 Get up earlier than you need to. Use the time to be quiet and to pray Psalm 40.

FEB 25 Thank a volunteer for their commitment to serve you at church today. Consider serving others on a team if you don't already.

FEB 26 Be conscious of anyone you are angry with or have not forgiven. Meditate on the cross of Jesus and practice forgiving them.

FEB 27 Spend at least 20 minutes outside, enjoying and thanking God for the beauty of His creation.

FEB 28 Walk around your block. Pray for the people in each house.

MARCH

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

30 Grace's Good Friday Experience is March 30th.

MAR 1 Bless someone today with a secret act of kindness or generosity.

MAR 2 Download the Grace app and choose the Bible tab to search for Psalm 25. Listen as it's read aloud. discovergrace.com/app

MAR 3 Set an extra place at your dinner table as a reminder to pray God would fill up the emptiness of those in need.

MAR 4 Strengthen the family of God: meet someone new today at church.

MAR 5 Fast today (at least one meal) and ask God to nourish you with His words and presence and will.

MAR 6 Pray for an enemy. Not for them to change — for God to bless them.

MAR 7 Wear simple clothes and no jewelry today as a symbol of mourning the death and brokenness of our lives and the world.

MAR 8 Fill a trash bag with clothes or items you no longer use and donate them to others who can.

MAR 9 Pray prayers of blessing over your family and friends.

MAR 10 Memorize Romans 8:1-2.

MAR 11 Show up five minutes early to church to sit quietly in the sanctuary and pray for the service.

MAR 12 Make a conscious choice to put yourself last today — give up your seat, go to the back of line, park in the farthest spot.

MAR 13 Read Luke 15 slowly and ask God how you should respond. Pray for those who are lost.

MAR 14 Do something kind for a co-worker who you don't always see eye to eye with.

MAR 15 Invite friends into your home or chosen space and practice hospitality.

MAR 16 Pray for an extended time — at least 30 minutes.

MAR 17 Haven't asked that person you chose on Feb 19th to Easter with you yet? Do it today.

MAR 18 Share something you learned in today's message at Grace via email, Facebook, Twitter or Instagram to encourage your friends.

MAR 19 Ask God to reveal your sins to you that aren't the ones you immediately think of. He's covered those, too.

MAR 20 Secretly buy Easter basket goodies for a family who is struggling financially.

MAR 21 Write down sins that are a struggle for you. Pray in repentance and destroy the paper.

MAR 22 Go to your favorite news site on the web and pray for the peace of the world as you read the articles.

MAR 23 Give an undeserved gift.

MAR 24 Turn off the Internet for the day.

MAR 25 Join us for Palm Sunday and celebrate the beginning of Holy Week.

MAR 26 Replace your complaints throughout the day with gratefulness.

MAR 27 Read Psalm 139.

MAR 28 Spend 15 minutes in silence. Try no radio on your commute.

MAR 29 Pray about which one of these practices you'd like to keep doing in your life.

MAR 30 Meditate on the sacrifice of Christ at our Good Friday Experience. Orlando campus, 2300 Pembroke Dr; open from 6-9p.

MAR 31 Anticipate Easter Sunday. Imagine what it would be like to believe Christ is dead and all hope is lost, as the disciples did.

HE IS RISEN! discovergrace.com/easter



What Is Lent?
DISCOVERGRACE.COM/LENT