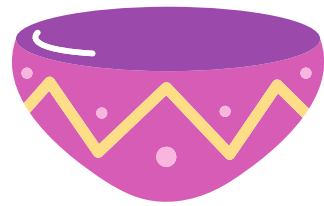


LENTEN PRAYER AND PRACTICE

WEEK 1: WATER

Key Verse: "And just as Jesus was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him."

What does baptism mean to you? If you were baptized, when did it happen and how?



Look up where your water comes from here:

<https://www.midrinkingwater.org/>
If possible, take a trip sometime this week to see that body of water or look up some pictures of it (for most of Michigan, it's a Great Lake).

Thank God for that water that keeps us alive! Pray for those who do not have clean water.

You're invited to put a quarter or dollar into a jar for each shower or bath you take this week.

WEEK 2: FOR THE SAKE OF THE GOSPEL

Key verse: "If any want to become my followers, let them deny themselves and take up their cross and follow me."

What does it mean to follow in someone's footsteps? Where would you go if you followed Jesus around? Who would you meet?



Jesus and his disciples walked miles every day to care for people and heal them!

Put a quarter or dollar in your jar for every pair of shoes you own. Pray for those who cannot take a walk or who have no shoes.

Bonus: walk, run, or roll each day this week if you can, and thank God for the ability to travel using your body! Put a quarter or dollar in your jar each time you take a stroll.

WEEK 3: CLEANING OUT

Key verse: Making a whip of cords, Jesus drove all of them out of the temple, both the sheep and the cattle.

Jesus "cleaned out" the temple to make sure it was a place only for worshipping God. What might need "cleaning out" now in our lives, the church, or the world?



Choose one thing that you can easily "clean out" (a purse, a room, a drawer). Clean it out! How do you feel when it's finished?

For every item you throw away, donate, or recycle, put a quarter or dollar in your jar. Pray for those who do not have enough.

Thank God that we have a fresh clean start every day!

WEEK 4: GOD IS LOVE

Key verse: "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

What does it mean to you that God loves you? That God loves the world? Is it hard or easy to believe?



The Greek word for "world" here is "cosmos." God loves the whole cosmos! Look at the night sky when some stars are visible...thank God that God is big enough to love even things we can't see or understand.

Give a quarter or dollar for every object in the sky that you can name.

Pray for those who feel small. If you can, look at the NASA pictures from the Hubble telescope. The Cosmos is huge!

WEEK 5: COMMUNITY

Key verse: 26 Whoever serves me must follow me, and where I am, there will my servant be also.

Servanthood and following Jesus are intertwined; Jesus says they're the same thing. What would this mean for your life? Your family? Your church?



Samaritas' mission is "Serving people as an expression of the love of Christ." How many ways does Samaritas serve? (the website samaritas.org might be helpful here). How can you and your family follow Jesus by serving people?

Pray for people who Samaritas serves, and put a quarter or dollar in your jar for each way you'd like to serve this year.

You just need a jar!

This Lent Calendar is made for your use. It has weekly action items rather than daily so that the actions can be spread across the week or done on one day.

Feel free to share with others or make a friendly competition! Copies are available on our website, www.mtcalvaryelca.org.

It is suggested designating a jar for donations. Decide to fill the jar with coins (pennies, dimes, quarters) or dollar bills. The point is not how much you give; it's about being mindful and grateful for small things in your life that are not as readily available to others.

If you notice other things during the week that you are grateful for, feel free to drop another coin or bill into the jar.

When Lent is finished, donate the contents of the jar to an organization. The organization that inspired this devotional is Samaritas (www.samaritas.org) and is an excellent organization. Or you can donate to the church. Or you can give to another organization of your choice. What a blessing to wherever you would like to contribute.

God Bless You in your Lenten Journey!