



Prayers and Petitions

Lenten Calendar 2025



Take up your cross daily and follow me.

Luke 9:23

			Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	5 Mar Ash Wednesday.	6 Mar List three things you're grateful for.	7 Mar Call or text a loved one.	8 Mar Avoid complaining today.
9 Mar Read a Bible verse.	10 Mar Say "thank you" often.	11 Mar Donate food to a food bank.	12 Mar Do a random act of kindness.	13 Mar Let someone go ahead in line.	14 Mar Forgive someone.	15 Mar Write an encouraging note.
16 Mar Cook for a friend or family.	17 Mar Visit someone lonely.	18 Mar Speak only positive words.	19 Mar Take a break from social media.	20 Mar Skip a favorite treat today.	21 Mar Replace worry with prayer.	22 Mar Cook a meal share with someone.
23 Mar Avoid unnecessary spending.	24 Mar Wake up early to pray.	25 Mar Help someone without being asked.	26 Mar Donate clothes or items.	27 Mar Buy a meal for someone in need.	28 Mar Give three compliments today.	29 Mar Write a thank-you letter.
30 Mar Share something inspiring.	31 Mar Support a small business.	1 Apr Clean up your home or area.	2 Apr Attend church or worship online.	3 Apr Read and reflect on a Psalm.	4 Apr Make a prayer list.	5 Apr Take a walk in nature.
6 Apr Focus only on the good today.	7 Apr Write what Lent has taught you.	8 Apr Listen to worship music.	9 Apr Reflect on Jesus' sacrifice.	10 Apr Write a personal Easter prayer.	11 Apr Light a candle and pray.	12 Apr Think about lasting changes.
13 Apr Show love to someone in need.	14 Apr Meditate on Jesus' journey.	15 Apr Offer help to a neighbor.	16 Apr Fast from distractions.	17 Apr Maundy Thursday.	18 Apr Good Friday.	19 Apr Holy Saturday.

