



# LENTEN CALENDAR 2026



## Sunday

22<sup>nd</sup> Feb

Share a smile with the elderly.

1<sup>st</sup> March

Bake a treat to share with someone.

8<sup>th</sup> March

Forgive someone who hurt you.

15<sup>th</sup> March

Volunteer at a non-profit organisation.

22<sup>nd</sup> March

Declutter a space in your home.

29<sup>th</sup> March

Spend time outdoors.

## Monday

23<sup>rd</sup> Feb

Do a good deed to a stranger.

2<sup>nd</sup> March

Pray for those in need.

9<sup>th</sup> March

Cook a meal to share with someone.

16<sup>th</sup> March

Talk to someone of a different faith.

23<sup>rd</sup> March

Reach out to someone you've lost touch with.

30<sup>th</sup> March

Create a gratitude journal.

## Tuesday

24<sup>th</sup> Feb

Appreciate your family members.

3<sup>rd</sup> March

Visit an orphanage/ old age home.

10<sup>th</sup> March

Dedicate typical meal times to prayer.

17<sup>th</sup> March

Pray the Lord's Prayer meaningfully.

24<sup>th</sup> March

Attend a special Lenten service.

31<sup>st</sup> March

Pray for peace, unity and harmony.

## Wednesday

18<sup>th</sup> Feb

Ash Wednesday

25<sup>th</sup> Feb

Stand up for a cause.

4<sup>th</sup> March

Sing church worship songs.

11<sup>th</sup> March

Spend time in silence to connect with God.

18<sup>th</sup> March

Exercise. Prioritise your health.

25<sup>th</sup> March

Engage in any creative activity.

1<sup>st</sup> April

Take a nature walk in silence.

## Thursday

19<sup>th</sup> Feb

Decide what to give up for lent.

26<sup>th</sup> Feb

Forgive your friend today.

5<sup>th</sup> March

Donate toys or clothes.

12<sup>th</sup> March

Take a break from social media.

19<sup>th</sup> March

Visit a friend or family member.

26<sup>th</sup> March

Do something you haven't done before.

2<sup>nd</sup> April

 Maundy Thursday

## Friday

20<sup>th</sup> Feb

Help someone today.

27<sup>th</sup> Feb

Spend time with a loved one.

6<sup>th</sup> March

Share a smile with the elderly.

13<sup>th</sup> March

Ask someone to join you for a meal.

20<sup>th</sup> March

Read a Bible Scripture.

27<sup>th</sup> March

Offer assistance with a task or chore.

3<sup>rd</sup> April

 Good Friday

## Saturday

21<sup>st</sup> Feb

Start your day with a family prayer.

28<sup>th</sup> Feb

Compliment a friend or family member.

7<sup>th</sup> March

Plant a tree or a sapling.

14<sup>th</sup> March

Read, meditate, and pray.

21<sup>st</sup> March

Fast from a non-essential luxury.

28<sup>th</sup> March

Surprise someone with a small gift.

4<sup>th</sup> April

 Holy Saturday