



# Lent 2021: 40 Days of Living Well~ Body, Mind & Spirit

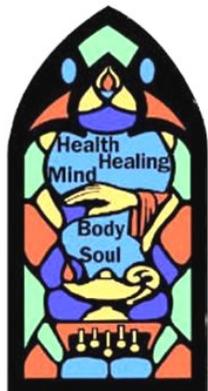


Sunday <i>Spiritual</i>	Monday <i>Physical</i>	Tuesday <i>Emotional</i>	Wednesday <i>Financial</i>	Thursday <i>Intellectual</i>	Friday <i>Social</i>	Saturday <i>Creation</i>
			<b>Feb. 17 Ash Wednesday</b> Give thanks for the journey of Lent about to begin. Set a specific financial amount on a daily or weekly basis for your 40 days of giving, & collect it in a "giving jar".	<b>18</b> Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." How can you challenge yourself during Lent?	<b>19</b> Ecclesiastes 4:9-12 Find someone to take this Lenten Journey with you—a friend who you trust and will listen and provide support.	<b>20</b> Psalm 24:1 "The earth is the Lord's and everything in it." Consider this verse throughout the day. Observe & give thanks for everything God has made!
<b>21</b> Consider starting a prayer journal or incorporating prayers into your current journal or notes for the day. Later, look back and note how God answered your prayers.	<b>22</b> Give up an unhealthy or negative habit. Replace that activity or habit with a behavior that cares for your body in a healthy way.	<b>23</b> Just for today, turn a complaint around and turn it into a thought or prayer of gratitude. Then, consider continuing this practice on a daily basis!	<b>24</b> 2 Corinthians 9:7 "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."	<b>25</b> Romans 7:15 "I do not understand what I do. For what I want to do, I do not do, but what I hate, I do." Identify areas where you struggle; ask God's help. Ask a friend to help.	<b>26</b> Send a card or letter to someone that is homebound. Contact the parish nurse if you need a name!	<b>27</b> Throughout Lent, think of ways you can reduce, reuse, recycle, and help to preserve God's creation.
<b>28</b> Invite someone to attend Wednesday evening Lenten services at Zion or at St. John. Offer to bring them.	<b>March 1</b> 1 Cor. 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies. "	<b>2</b> Romans 8:35-38 Write these verses down where you will see them easily and often during the day. Read God's promises in these verses and believe them. Know and feel that God loves you.	<b>3</b> Think twice about buying something that is a "want" and not a need.	<b>4</b> Think about: who or what controls your life? What in your life are you most ashamed of? How do you deal with guilt?	<b>5</b> Say "no" to texting today. Instead, pick up the phone and call, or visit face to face.	<b>6</b> Make it a point to watch the sunrise and the sunset today. Try making it a habit to notice the sunrise and sunset each day!
<b>7</b> Exodus 20:9-10 "Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God." Give thanks for the meaningful work in your life, and consider how you can honor the sabbath.	<b>8</b> Choose healthy food to nurture your body. Sign up for Simply Produce this week, and enjoy trying new fruits and vegetables at a cost savings!	<b>9</b> Proverbs 18:21 "The tongue has the power of life and death..." Check your internal dialogue. Speak kindly to others, and speak kindly to yourself!	<b>10</b> Stop and consider carefully ways that you are living in excess. Share that savings with someone in need.	<b>11</b> Matthew 6:21 "For where your treasure is, there your heart will be also." Think about: what is more valuable to you than anything else? How does this fit in with your faith life?	<b>12</b> Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Choose not to gossip!	<b>13</b> Go outside tonight after dark. Look at the moon and stars! Marvel at the vastness of God's universe. What is your part in it?
<b>14</b> Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ." Pray regularly for someone, and ask someone to pray regularly for you. Write about these prayers in your journal.	<b>15</b> Be intentional about your sleep routine. Get the rest you need so you can serve God to the best of your ability.	<b>16</b> Proverbs 17:22 "A cheerful heart is good medicine..." Laughter can turn a bad day into a good day—seek out humor and share it with others around you!	<b>17</b> Consider giving up that morning latte or afternoon soda, and add that money to your giving jar.	<b>18</b> Read James 1 Don't just contemplate God's Word—do what it says. Think about: is it more challenging for you to listen or to do? Ask God for wisdom to see where He is leading you.	<b>19</b> Say "hello" to people you meet on the street or at work today. Wave at others as you drive down the road or street. Smile—even if you are wearing a mask, a smile is seen in your eyes!	<b>20</b> Today is the first day of spring! Notice the signs of spring today.

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<b>March 21</b> Set your alarm and intentionally wake up 15 minutes early today and spend this time in prayer.	<b>22</b> Sign up for "Walk Kansas". Contact the parish nurse if you need others to fill out a team. (Program runs March 28-May 22.)	<b>23</b> Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord." Practice patience today!	<b>24</b> Hebrews 13:5 "Keep your life free from the love of money, and be content with what you have, for God has said, "I will never leave you or forsake you'."	<b>25</b> Philippians 2:3-4 "...in humility value others above yourselves, not looking to your own interests but each of you to the interests of others." What does it mean to be humble?	<b>26</b> Do a good deed for someone today without expecting anything in return.	<b>27</b> Today, take a prayerful walk. Remember that all of creation belongs to God. Pray for what you observe, & who or what comes to mind during your walk.
<b>28 Palm Sunday</b> Psalm 46:10 "He says, 'Be still and know that I am God'." Today, find time to turn off your phone, music, noise, distractions of others, etc., close your eyes, and just listen to God.	<b>29</b> This week, eat two to three cups of non-starchy vegetables every day.	<b>30</b> At least three times today, for at least one minute, close your eyes and practice deep, slow, abdominal breathing. Picture your stress leaving your mind and body as you breathe out.	<b>31</b> Gather all the money you've collected in your giving jar throughout Lent, and make your donation to your chosen ministry or charity.	<b>April 1 Maundy Thursday</b> Mark 9:24 ".....I do believe; help me overcome my unbelief!" Think about: your faith. What causes you to doubt? What strengthens your faith and relieves your doubt?	<b>2 Good Friday</b> Write some inspirational messages or quotes on Post-it notes, and randomly leave them for people to find today.	<b>3</b> Plan out a small flower garden or potted plants for your porch when frost danger has past, to not only show God appreciation, but share His beauty with others.
<b>4 Easter Sunday</b> <b>Christ is Risen! He is risen indeed! Alleluia!</b> 1 Corinthians 6:14 "By his power God raised the Lord from the dead, and he will raise us also."	 <h2 style="margin: 0;">Lent 2021: 40 Days of Living Well~ Body, Mind &amp; Spirit</h2> 					

**Lent** is the 40-day period of repentance and renewal preceding Easter –beginning on Ash Wednesday (February 17) and ending with Easter (April 4). This year during Lent, you are invited to join in an experience of better **whole-person health/wellness**, by using this calendar. Each Sunday the focus is on spiritual health, on Monday it is physical health, Tuesdays suggest ideas for emotional wellness, and so on through the week (you can refer to the headings on the calendar). Some days have a scripture to look up and meditate upon throughout the day. Most days name a “practice” to consider engaging in that day –and the hope is that some of the practices will become ongoing habits as each person sees a need in their own life. Don’t worry if you aren’t able to begin on Ash Wednesday, or if you miss a day or two – past days’ practices are easily picked up at a later time. Feel free to share the calendar with family, friends or co-workers – I am glad to print copies.

You are encouraged to use a **notebook or journal** to keep notes on your Lenten experiences and practices.



There is also an aspect of giving – you may choose to give to the Prairie Faith Parish Nurse Ministry, or perhaps you have another charity that is meaningful to you that you would like to designate as the recipient. (*Prairie Faith Parish Nurse Ministry funds are used for a wide variety of parish nurse work in the community, providing medical transportation, the prayer shawl ministry, and community health/wellness events. Contributions are considered tax-deductible under the Prairie Faith Shared Ministry umbrella.*) **As you journey through Lent, consider the ways in which your own gifts, not only financial, but time and talent, can create hope throughout our community.**

*For more information about the Lenten calendar, to schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, or request other parish nurse work, contact Nancy at [parishnurse@ruraltel.net](mailto:parishnurse@ruraltel.net) or 785-743-2005 (please leave a message).*