

A Family Lent Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			February 14 Make a Lent tree. Place a large branch in a vase and hang an egg shaped decoration on it each day until Easter	15 Give a compliment to each member of your family today	16 Try to drink just water today and pray for everyone who lives where there is only dirty water to drink	17 Sort out some unwanted clothes or toys ready to take to a charity shop
18 Look for signs of new growth in your garden or on a walk and thank God that he brings new life	19 Choose an MU project to pray for and help in some practical way through Lent	20 Give up social media for the day	21 Count the number of radiators and heaters in your home then pray for people who are homeless and in the cold	22 Do a helpful task without being asked- such as tidying up or clearing the table	23 See if you can go through the day without eating anything sweet	24 Get in touch with someone you've not seen for a while
25 Bake some tasty treats and share them with family, friends or neighbours	26 Make a list of five things you are grateful for	27 Check the news today and pray about something that concerns you	28 Give up television or computer games for the day	29 Make a special effort not to argue or say unkind things to anyone today	March 1 Choose something to watch together as a family and enjoy each other's company	2 Scour your home for loose change to donate to MU
3 Cook extra for Sunday lunch so you can invite someone on their own to join you	4 Go without eating snacks or dessert today	5 Say thank you to someone who has helped you today - like a teacher or shop assistant	6 Find a time to go for 30 minutes without speaking then pray for lonely people with no-one to talk to	7 Try and think of alternatives to single-use plastic items at home or church	8 As a family talk about the story of Jesus in the wilderness. What would you have found most hard to cope with?	9 In a group pick up litter in your street or local area

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<p>Mothering Sunday 10</p> <p>Think of ways to make mums and those who care for you feel extra special today</p>	<p>11</p> <p>Say a special grace before your meal thanking God for farmers and all who work to provide us with food</p>	<p>12</p> <p>Collect some items and donate them to a foodbank</p>	<p>13</p> <p>If you hear a siren today pray for the person or people who are needing help</p>	<p>14</p> <p>Plant some spring bulbs in a pot and give to someone you think needs a treat</p>	<p>15</p> <p>Remember to turn off lights and electrical equipment when you are not using them</p>	<p>16</p> <p>Pause at midday to pray. You could join MU prayers on Facebook at 12.00!</p>
<p>17</p> <p>Find out if there is some way you can help at church today – like giving out hymnbooks or chatting to someone new</p>	<p>18</p> <p>Try and make a journey on foot today, instead of using the car</p>	<p>19</p> <p>If you have family or friends in other countries try and find out if they have special Easter traditions</p>	<p>20</p> <p>At bedtime pray for people who have to work at night</p>	<p>21</p> <p>Cook a meal using what you have in your cupboards and freezer. Give any money you've saved on the meal to your MU project</p>	<p>22</p> <p>Make some Easter cards to send or give out</p>	<p>23</p> <p>Share favourite jokes with family and friends. Thank God for fun and laughter!</p>
<p>Palm Sunday 24</p> <p>Make palm branches with paper to wave at church or home when singing a hymn or worship song</p>	<p>25</p> <p>Think of anything that has made you happy today and say thank you to God</p>	<p>26</p> <p>Look at the MU website together and pray for something featured on it</p>	<p>27</p> <p>Whenever you pass a chemist or surgery today say a quick prayer for people who are ill</p>	<p>28</p> <p>Over a meal with family and friends chat about how it would have been like to be at the Last Supper with Jesus</p>	<p>Good Friday 29</p> <p>Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all</p>	<p>Holy Saturday 30</p> <p>Make an Easter garden to symbolise and celebrate Jesus' resurrection</p>

