

lent



Come to church to receive ashes or trace the sign of the cross on your forehead with your finger.

2/17

What might you fast from this Lent?

2/18

What faith practice might you add to your routine this Lent?

2/19

Find a small cross or other token to place in your pocket as a prayer reminder. Each time you notice it, pray.

2/20

Pray for Oak Kids and their leaders.

2/21

Call or FaceTime a relative or far-away friend.

2/22

Take a social media fast for the day.

2/23

Psalm Writing Exercise #1.

2/24

Pray for those in our community who are sick and those who care for them.

2/25

Find 2 times of 10 minute rest throughout your day.

2/26

Pray for World Relief Durham. Consider if there is a way you might support their work now or in the future.

2/27

Pray for Katie and our music team.

2/28

Make/write a card and send to someone from church.

3/1

Pray for Jubilee Home. Consider if there is a way you might support their work now or in the future.

3/2

Psalm Writing Exercise #2.

3/3

Pray for those in our community who do not have secure housing.

3/4

Check on your neighbors. Bring them a small gift or offer to help them in some way.

3/5

Go for a walk and pick up any trash you see along the way. (Wear gloves!)

3/6

Pray for our church staff and their families.

3/7

Make/write a card and send to someone from church.

3/8

Take a total screen fast for the day.

3/9

Psalm Writing Exercise #3.

3/10

Pray for those in our community who are incarcerated.

3/11

Write out 5 things you are worried about. Focus on these in your prayers today.

3/12

Pray for Reality Ministries. Consider if there is a way you might support their work now or in the future.

3/13

Pray for Oak Church's Steering Group.

3/14

Make/write a card and send to someone from church.

3/15

Find 2 times of 10 minute rest throughout your day.

3/16

Psalm Writing Exercise #4.

3/17

Pray for those who are affected by a news story you read or hear today.

3/18

Take a social media fast for the day.

3/19

Pray for El Futuro. Consider if there is a way you might support their work now or in the future.

3/20

Pray for our Mustard Seed Groups and their leaders & hosts.

3/21

Make/write a card and send to someone from church.

3/22

Pray for Housing for New Hope. Consider if there is a way you might support their work now or in the future.

3/23

Psalm Writing Exercise #5.

3/24

Pray for those in our community who are immigrants.

3/25

Eat simply today. Donate funds or food to Catholic Charities food pantry in the neighborhood.

3/26

Go for a walk and look for spring flowers blooming. Listen for God.

3/27

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