

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LENTEN PRACTICES CALENDAR FOR ST. PHILIP FAMILIES 2024

February 14 [P]

ASH WEDNESDAY

“Guide our eyes and ears on this Lenten journey. Amen”

February 15 [F]

Avoid desserts or sweets today.

February 16 [S]

It’s not too late! Spread love by giving a card to someone special.

February 17 [F]

Try to go the entire day without screens of any kind.

February 18 [P]

“God, you care for all of creation. Guide me to express gratitude this week. Amen.”

February 19 [S]

Feed the birds by making a bird feeder or by leaving some seed or cereal outside.

February 20 [F]

Use cloth napkins or towels instead of paper today.

February 21 [P]

Read [Hymn #714 “Guide My Feet.”](#) What did these words mean to those who first spoke them?

February 22 [S]

Call a grandparent or an older friend you haven’t spoken to in a while.

February 23 [F]

Only play with toys/ games that don’t have a power switch.

February 24 [S]

Lent VBS
Do something helpful for a neighbor today.

February 25 [P]

“Dear God, help us to be kind and show care to our neighbors. Amen.”

February 26 [F]

Do a job by hand today instead of using a machine.

February 27 [P]

Listen to Amanda Gorman’s poem [“The Hill We Climb”](#) Where might we ‘find light in never-ending shade?’

February 28 [S]

Give someone an unexpected compliment today.

February 29 [F]

Wear clothes today that are more simple than usual.

March 1 [P]

Breath Prayer: “I breathe in God’s love. I breathe out worries.” Amen.

March 2 [F]

Be mindful of the impact of vehicles. Choose to walk or bike today.

March 3 [P]

“Dear God, thank you for loving me even when I make mistakes. Amen.”

March 4 [S]

Do something kind for someone without letting them it was you.

March 5 [F]

Don’t listen to any music or radio in the car today.

March 6 [P]

Psalm 46: “God you are our refuge and strength. Thank you. Amen.”

March 7 [F]

Try to eat a vegetarian or vegan meal today.

March 8 [P]

“God, please watch over all those we don’t understand.”

March 9 [F]

Try to spend extra time with your family today, instead of solo activities.

March 10 [P]

“Dear God, help me to make good choices for me and others this week.”

March 11 [S]

Pick up trash around your neighborhood today.

March 12 [F]

Commit to buying only things that are “necessities” today.

March 13 [P]

Take a walk to appreciate the beauty of outdoors.

March 14 [S]

Read the news to learn about the needs of your community today.

March 15 [F]

Go without a special treat today.

March 16 [P]

“Helping God, today we ask you to help _____. Amen.”

March 17 [P]

“Dear God, help me to forgive my enemies.”

March 18 [S]

Buy a reusable water bottle and commit to using it regularly.

March 19 [P]

Shepherd prayer: read Psalm 23 together as a family.

March 20 [S]

Mr. Rogers Day

Do something kind for your parent or an older friend today.

March 21 [F]

Read or play with toys instead of watching TV today.

March 22 [P]

Evening prayer: “God, thank you for your presence with me this week. Amen.”

March 23 [S]

Visit a retirement or nursing home and bring cookies.

March 24 [P]

“Dear God, help me to welcome new people in my life with joy.”

March 25 [F]

Refrain from using paper or plastic when eating meals this week.

March 26 [P]

Morning prayer: “God, please show me something new today. Amen.”

March 27 [F]

Find ways to use less water or electricity today.

March 28 [P]

Mealtime: “God, thank you for all the ways you feed us. Amen.”

March 29 [F]

Substitute water for other beverages today. No soda or juices.

March 30 [S]

Visit the Houston Food Bank and donate food.

March 31 [P] Easter

“God we see evidence of you everywhere and we are thankful! Amen.”

This Lent, we invite families and all members of our community of all ages to participate in a spiritual intergenerational journey which aims to deepen our faith. Each day offers an activity or practice that falls into one of three categories: mission/service (S), fasting (F) or prayer/worship (P).

Several of the mission/service (S) activities were written by St. Philip children and others integrate the goals from St. Philip’s commitments as an Earth Care Congregation; additionally, two practices come from the Network for Dismantling Racism, a mission partner of the Presbyterian Church (USA). This calendar is based on a previous version created by Traci Smith.