

# PRAY FAST GIVE

Lent, the season of the Christian Year that is typically observed as a time of simple living, prayer and fasting leading up to Easter, begins on Ash Wednesday. Will you take time this Lenten Season to spend time in self-examination and reflection as modeled by Jesus in Mathew 4:1-11 where He prayed and fasted for 40 days before beginning the ministry.

- |        |                                                                                |        |                                                                                                             |
|--------|--------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------|
| 18-Feb | Pray for the lost sheep.                                                       | 18-Mar | Fast from sweets. Pick up some jam for PBJ Ministry.                                                        |
| 19-Feb | Pray for the school staff.                                                     | 19-Mar | Send a card to someone on the prayer list.                                                                  |
| 20-Feb | Fast from social media.                                                        | 20-Mar | Pray for the children in Foster Care.                                                                       |
| 21-Feb | Pray for those weary. Donate time to a Habitat build or other mission project. | 21-Mar | Don't complain. Tell someone you love them.                                                                 |
| 22-Feb | Pray for Pilgrim volunteers.                                                   | 22-Mar | Do something to help the Earth. Plan something for Earth Day, April 22, in gratitude for the gift from God. |
| 23-Feb | Spend an hour in silence.                                                      | 23-Mar | Pray for the scared, for the abused, for the neglected.                                                     |
| 24-Feb | Pray for the homeless/jobless.                                                 | 24-Mar | Fast from music. Allow the silence to be filled by God.                                                     |
| 25-Feb | Pray for Pilgrim Church family and future.                                     | 25-Mar | Share a joke.                                                                                               |
| 26-Feb | Fast from jealousy. Offer compassion to a stranger.                            | 26-Mar | Pray for the world leaders.                                                                                 |
| 27-Feb | Pray for the sick and their medical teams.                                     | 27-Mar | Drink only water today, avoid sodas.                                                                        |
| 28-Feb | Pray for your relationship with Jesus.                                         | 28-Mar | Love your neighbor.                                                                                         |
| 01-Mar | Fast from gossip. Send a text with a Bible verse.                              | 29-Mar | Pray for your best friend.                                                                                  |
| 02-Mar | Pray for the caregivers.                                                       | 30-Mar | Go last in line.                                                                                            |
| 03-Mar | Fast from grudges and be reconciled.                                           | 31-Mar | Direct others to have a turn first.                                                                         |
| 04-Mar | Fast from junk food. Donate to the Little Food Pantry.                         | 01-Apr | Pray for the lonely. Speak to a stranger.                                                                   |
| 05-Mar | Pray for the depressed.                                                        | 02-Apr | Say only kind words. Offer a sincere compliment.                                                            |
| 06-Mar | Fast from snacking between meals.                                              | 03-Apr | Write a kind note to someone.                                                                               |
| 07-Mar | Fast from screen time.                                                         | 04-Apr | Pray for first responders.                                                                                  |
| 08-Mar | Pray for the hungry.                                                           | 05-Apr | Easter Sunday: Share the Good News, Jesus Christ is ALIVE!                                                  |
| 09-Mar | Fast from TV. Offer an hour to assist in your neighborhood or community.       |        |                                                                                                             |
| 10-Mar | Fast from shopping.                                                            |        |                                                                                                             |
| 11-Mar | Pray for the imprisoned.                                                       |        |                                                                                                             |
| 12-Mar | Eat a simple meal today.                                                       |        |                                                                                                             |
| 13-Mar | Donate a book.                                                                 |        |                                                                                                             |
| 14-Mar | Pray for the persecuted.                                                       |        |                                                                                                             |
| 15-Mar | Fast from procrastination.                                                     |        |                                                                                                             |
| 16-Mar | Donate one item of clothing.                                                   |        |                                                                                                             |
| 17-Mar | Pray for Pastor Ken and Pastor Merci.                                          |        |                                                                                                             |

