



This Lent, UMHEF invites you on a  
**JOURNEY TO THE CROSS**

Lent is an important time in the Christian calendar when we can prepare our hearts and spirits for Jesus. As Easter approaches, we draw nearer to the cross where He paid the ultimate sacrifice. The guide below offers ideas for focus and preparation each week of Lent. Use the calendar on the back of this page to plan what you'll do each week. We hope you are able to center your heart and mind on God each day and become new in Christ this Lenten season.

**ASH  
WEDNESDAY**  
February 17

**FAST.** Fasting doesn't just mean going without food. It's easy to fill our lives with obligations, relationships, or mindless routines that can distract us from focusing on Jesus. Choose something to give up during the next four days and dedicate that time or money to glorify God.

**1ST  
SUNDAY  
IN LENT**  
February 21

**PRAY.** Prayer is God's invitation into conversation. It's our way to be thankful, bring our needs and desires to God, and offer up prayers on behalf of others. Use this week to read and pray the Lord's Prayer, then create your own prayer you can use throughout Lent.

**2ND  
SUNDAY  
IN LENT**  
February 28

**SERVE.** The COVID-19 pandemic has impacted many traditional ways you can serve others in your community. But we know God continues to command us to care for "the least of these." This week, consider the special gifts and talents God has given you. How can you creatively serve your family, neighbors, or co-workers?

**3RD  
SUNDAY  
IN LENT**  
March 7

**THANK.** More than an expression, thankfulness is an attitude through which we can live out God's blessings in our lives. Each day this week, thank someone in your life who has shown you God's goodness in some way. How can you show God's goodness to others around you?

**4TH  
SUNDAY  
IN LENT**  
March 14

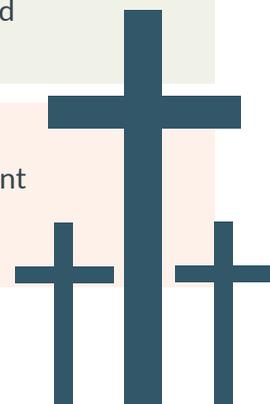
**GIVE.** Because we believe that "everything comes from you, and we have given you only what comes from your hand," this week, find ways to give. Some ideas include collecting everyone's change at the end of the day, selling a homemade product, hosting a (virtual) game night, or use your creativity to think of something that meets a need you see around you!

**5TH  
SUNDAY  
IN LENT**  
March 21

**REFLECT.** Living a full life requires change and adaptation. We've all experienced a lot of that within the past year! During this week, reflect on this season of Lent so far. What have you learned about God? Yourself? Others? How do you feel as Easter and Jesus' ultimate sacrifice draw near?

**PALM  
SUNDAY**  
March 28

**WORSHIP.** Palm Sunday ushers in the last days before Easter. This week, seek out in-person or virtual worship opportunities to experience the fullness of this important season in the life of the Church. Praise God for this time of fasting, prayer, giving, thankfulness, service, and reflection.



Use this Lenten calendar to plan things you can do as we journey to the cross of Easter.  
 May God bless you during this important season.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			February 17 Ash Wednesday <b>FAST</b>	18	19	20
21 1st Sunday of Lent <b>PRAY</b>	22	23	24	25	26	27
28 2nd Sunday of Lent <b>SERVE</b>	March 1	2	3	4	5	6
7 3rd Sunday of Lent <b>THANK</b>	8	9	10	11	12	13
14 4th Sunday of Lent <b>GIVE</b>	15	16	17	18	19	20
21 5th Sunday of Lent <b>REFLECT</b>	22	23	24	25	26	27
28 Palm Sunday <b>WORSHIP</b>	29 Holy Week	30 Holy Week	31 Holy Week	April 1 Maundy Thursday	2 Good Friday	3

4 EASTER

**REJOICE!**



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