

Lent 2020 **be love**

"Always tell of God's love; if necessary, use words."

Feb 26 Ash Wednesday

Ephesians 4:32

Often, we talk about the need to forgive others. But what about the need to forgive ourselves? Do **you** hold guilt for previous actions that you need to forgive yourself for? If God can forgive us, what keeps us from forgiving ourselves? Accept God's forgiveness.

Feb 27

1 John 3:17

Think of someone you have lost touch with but still think of. Send them a card or a message.

Feb 28

Proverbs 27:17, Philippians 1:3

At dinner tonight, remind your family that you love them and are grateful for them. Thank them for being the "iron sharpening iron" for you.

Feb 29

Proverbs 15:17

Make a hearty soup or stew and drop it off at a friend's house "just because."

<p>March 1</p> <p>Hebrews 13:16</p> <p>"Accidentally" buy too much toilet paper, laundry detergent, or packaged snacks at your local warehouse club and ask any young family you know if they could use some of your extra.</p>	<p>March 2</p> <p>1 John 4:19</p> <p>Leave five notes of encouragement on random cars in a parking lot.</p>	<p>March 3</p> <p>Matthew 22:39</p> <p>Bring your neighbor's empty trash can from the end of the driveway up to their garage.</p>	<p>March 4</p> <p>1 John 4:16</p> <p>Compliment a stranger.</p>	<p>March 5</p> <p>James 1:17</p> <p>Tell your loved ones 3 things you appreciate and love about them.</p>	<p>March 6</p> <p>Philippians 2:3</p> <p>Let someone (safely) get ahead of you in traffic.</p>	<p>March 7</p> <p>Genesis 1:1-31</p> <p>Bring a trash bag on a walk and collect any trash that you may come across.</p>
<p>March 8</p> <p>Proverbs 17:22</p> <p>Make someone laugh today. Tell a joke. The cheesier the joke the better! Seriously. You can be the light of God to someone who needs it just through simple laughter.</p>	<p>March 9</p> <p>Matthew 12:33</p> <p>What do others know about your faith? Make your actions today be such that your "good fruit faith" is evident.</p>	<p>March 10</p> <p>Hebrews 13:16</p> <p>Carry someone's groceries.</p>	<p>March 11</p> <p>1 John 4:7</p> <p>Call an elderly or sick friend (someone who might feel lonely) just to chit chat.</p>	<p>March 12</p> <p>Galatians 5:22 (NRSV)</p> <p>Do something small but significant for a loved one – scratch their back, rub their feet, play with their hair. "Do small things with great love." Mother Teresa</p>	<p>March 13</p> <p>1 Corinthians 16:14</p> <p>Do something nice today for someone you find difficult to love.</p>	<p>March 14</p> <p>Matthew 22:37</p> <p>Make a batch of cookies and deliver them to the police or fire station or your local post office.</p>
<p>March 15</p> <p>John 15:12</p> <p>Give a handwritten note to someone you see regularly (cashier, custodian in your building, mailperson, etc.) telling them how much you appreciate them.</p>	<p>March 16</p> <p>1 Corinthians 13:3</p> <p>Exercise patience by letting one or two people go ahead of you in the grocery line/ coffee line/wherever you're waiting in line today.</p>	<p>March 17</p> <p>1 Thessalonians 5:11</p> <p>Write a note of encouragement to someone you've seen struggling.</p>	<p>March 18</p> <p>Luke 6:31</p> <p>Make a new friend. Sit with someone you don't know well and get to know them. Ask them about themselves and listen to their answers.</p>	<p>March 19</p> <p>1 Corinthians 16:14</p> <p>Complete an act of kindness for a stranger. Hold the door, buy someone's coffee- the sky's the limit!</p>	<p>March 20</p> <p>1 Peter 4:8</p> <p>As you go about your day, look at each person you encounter and say to yourself, "This person is loved by God."</p>	<p>March 21</p> <p>Psalms 117</p> <p>Offer to babysit or run an errand for a family on your street.</p>
<p>March 22</p> <p>Hebrews 10:24-25</p> <p>Call someone you love that you haven't called in a while— not text, not email... call and check in.</p>	<p>March 23</p> <p>Psalms 139:13-18</p> <p>Remember you are valued and precious to God. Take time today to think about how you are uniquely you. Perhaps jot down some things that you bring to the world to make the world a better place.</p>	<p>March 24</p> <p>Colossians 3:12</p> <p>Choose one relative who you haven't connected with for quite a while. Call/ email/text them in the middle of the day for no reason other than to say "hello" and let them know you're thinking about them. If you are able, tell them a special memory you will always have of them.</p>	<p>March 25</p> <p>Proverbs 27:17</p> <p>What is one quality that you admire in someone you know? Take today to let them know how that quality has influenced you.</p>	<p>March 26</p> <p>Ephesians 4:2</p> <p>Let someone check out before you in the grocery store line. They may be in a bigger rush than you.</p>	<p>March 27</p> <p>1 John 4:7-8, Ephesians 5:20</p> <p>Think of a difficult time in your life. Then think of the people God used to love and support you during that time.</p>	<p>March 28</p> <p>1 Thessalonians 5:17-18 (MSG)</p> <p>Take a walk through the neighborhood praying for each house/family as you pass by.</p>
<p>March 29</p> <p>1 John 4:9</p> <p>Love yourself. Schedule in at least 30 minutes this week to do something you love that you don't usually make time for.</p>	<p>March 30</p> <p>Proverbs 3:27</p> <p>Buy a dozen (or two) carnations and hand them out to random people "just because."</p>	<p>March 31</p> <p>John 15:12</p> <p>Tell someone why they are appreciated.</p>	<p>April 1</p> <p>1 Timothy 6:18</p> <p>Take brownies, cookies, or a fruit tray to share at work for no particular reason. (Be sure to list common allergens on the container.)</p>	<p>April 2</p> <p>2 Thessalonians 3:5</p> <p>Pray 3 times today asking God to show you ways to express your love to God and God's people.</p>	<p>April 3</p> <p>2 Corinthians 9:11</p> <p>Show some extra love and appreciation for service people today. If there's a tip jar, use it. :-)</p>	<p>April 4</p> <p>1 Corinthians 16:14</p> <p>Let your significant other choose a movie and watch it together.</p>
<p>April 5 Palm Sunday</p> <p>Psalms 133:1</p> <p>Gather, eat, laugh, and love with family and/or friends.</p>	<p>April 6</p> <p>Proverbs 15:30</p> <p>Smile are contagious—smile at someone today.</p>	<p>April 7</p> <p>1 Corinthians 13:7</p> <p>Ask someone how you might pray for them today, then send up a prayer for that need.</p>	<p>April 8</p> <p>Romans 14:19</p> <p>Learn the name and something about someone who regularly serves you (a barista, your hair stylist, or a grocery store clerk). Brag about them in front of others. Or better yet, find their manager and let them know this person deserves a raise!</p>	<p>April 9 Maundy Thursday</p> <p>Matthew 28:11-30</p> <p>Do you rest in your day? Not a nap, but maybe five minutes of silent contemplative time. Try that today. Five minutes of absolute quiet. Set a timer if you must. Remember, even God rested.</p>	<p>April 10 Good Friday</p> <p>Philippians 1:3</p> <p>Take a moment to remember the people in your life who have loved you well and unconditionally. Thank God for them.</p>	<p>April 11</p> <p>Matthew 7:7</p> <p>Let others be kind to you. If someone offers to help, accept it. If someone asks you for coffee to just catch up... go!</p>