

Lent is the 40 days leading up to Easter when we contemplate all Christ did for us on the cross and how we can respond to his unfailing love for us.

Read church devotional, Tattoos on the Heart, or Mercy in the City for Lent.

(Take the blank page of this packet and draw one large cross for your activity each Friday)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sundays: Bring in your goods to church and Mercy will deliver them to the designated charity.</p>			<p>26</p> <p>Ash Wed.</p> <p>Draw a cross on a piece of paper and hang it up on your fridge during Lent.</p> <p><i>(Each Friday you will write on it)</i></p>	<p>27</p> <p>Do a chore around the house that you don't normally do.</p>	<p>28</p> <p>Write something you are thankful for on your cross drawing.</p>	<p>29</p> <p>Go to www.chla.org/ways-help and send an online valentine to a child. (Look ahead at tomorrow's act)</p>
<p>1</p> <p>Bring in a liquid laundry soap for Door of Hope* families.</p>	<p>2</p> <p>Place post-it notes with uplifting messages around the house or work for your family or friends to find.</p>	<p>3</p> <p>Call, email, or text someone you love and tell them what you love about them.</p>	<p>4</p> <p>Eat only one meal today. Spend the other two meal times praying for those in our world that are hungry.</p>	<p>5</p> <p>Do an anonymous kind deed for a neighbor, co-worker, or classmate. Especially try to help out the single mother.</p>	<p>6</p> <p>Write something you are thankful for on your cross drawing.</p>	<p>7</p> <p>Donate old clothes or toys that are in good condition to a Good Will type store or shelter. (Look ahead at tomorrow's act)</p>

<p>8 Bring in peanut butter or canned meat for the Friends in Deed* food pantry.</p>	<p>9 Give up social media for a day and spend extra time with your loved ones.</p>	<p>10 Email mercy@gracepasadena.org to sign up for one Sunday this year to deliver lunches in the park.</p>	<p>11 Make a list of what frustrates you then pray to God about it. Hand it all over to Him. Then throw away the list.</p>	<p>12 Don't eat out this weekend, but tally up what you would've spent and anonymously give that amount to a person in need.</p>	<p>13 Write something you are thankful for on your cross drawing.</p>	<p>14 Call Door of Hope to arrange a date you and some friends could deliver a meal and hang out with the residents. (Look ahead at tomorrow's act)</p>
<p>15 Bring in any sized diapers for Elizabeth House*.</p>	<p>16 If over 18, consider sending a letter to someone in prison. Look online for a reputable non profit.</p>	<p>17 Do something you've been putting off or trying to avoid. Ask for help if you need it.</p>	<p>18 Write & send a thank you letter to someone who made a difference in your life.</p>	<p>19 Go for a walk in your neighborhood and pick up any trash that you see.</p>	<p>20 Write something you are thankful for on your cross drawing.</p>	<p>21 Participate in Beautification Day at John Muir High School. (Look ahead at tomorrow's act)</p>
<p>22 Bring in a liquid laundry soap for Door of Hope* families.</p>	<p>23 Fast during daylight hours and when you get hungry, pray for those around your city and the world who are starving.</p>	<p>24 Reach out to someone in your class or at work who is on the fringe/ outcast and help them feel noticed.</p>	<p>25 Spend at least 30 minutes with someone under the age of 5 or over the age of 70 who is not in your household.</p>	<p>26 Set your phone alarm to go off every 3 hours today and pray the Lord's prayer each time it sounds.</p>	<p>27 Write something you are thankful for on your cross drawing.</p>	<p>28 Play soft music or a hand of cards with the elderly at a nursing home near you. (Look ahead at tomorrow's act)</p>

<p>29 Bring in peanut butter or canned meat for the Friends in Deed* food pantry.</p>	<p>30 Deliver a meal to somebody.</p>	<p>31 Watch the 6pm news with someone and pray together about what you saw.</p>	<p>1 Make a meal with those you live with, eat together, then take a walk. Talk about your day and your dreams for making this world a better place.</p>	<p>2 Call Friends in Deed and see if there is a day you can volunteer at the Food Pantry.</p>	<p>3 Write something you are thankful for on your cross drawing.</p>	<p>4 Visit a cemetery and reminisce about the people who brought you joy who have passed. (Look ahead at tomorrow's act)</p>
<p>5 Bring in any sized diapers for Elizabeth House*.</p>	<p>6 The end of the month is hard for those in poverty because they get their checks at the start of the month. Give a meal gift card to someone.</p>	<p>7 Take a walk in your neighborhood and pray for those who live around you and everyone you see.</p>	<p>8 Send a handwritten letter to a relative who could use encouragement.</p>	<p>9 Fast from noise in the car today and fill your heart and mind with the words from John 3:16 but replace "the world" with your name. And Romans 5:8 replace "us" with "me."**</p>	<p>10 Good Friday Go to a Good Friday service. Write something you are thankful for on your cross drawing. And reflect on all the blessings in your life.</p>	<p>11 Spend the day with your friends or loved ones and prepare your heart to celebrate the risen Christ tomorrow!</p>

****John 3:16**

“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

****Romans 5:8**

“but God shows his love for us in that while we were still sinners, Christ died for us.”

***Door of Hope:**

The Door of Hope program seeks to end the cycle of homelessness for every man, woman, and child we serve. We provide families with case management and other services to empower families to achieve the ultimate goal of finding and maintaining housing and providing a better future for their children.

***Friends in Deed Food Pantry:**

The Food Pantry provides food assistance to low-income and no-income families in the greater Pasadena/Altadena area. We provide food to more than **250 households per week (approximately 600 people)**. This allows many of the families to offset the rising cost of food to pay for rent or other monthly necessities. Our Pantry is set up like a neighborhood market where our community members can come in and select their own groceries. Our shelves are stocked with canned goods, dry goods, juice, cereal, and other shelf stable foods.

***Elizabeth House**

Elizabeth House is committed to ending the cycle of homelessness and abuse in women and children through comprehensive case management, counseling, educational classes, prenatal care, and resources throughout pregnancy and beyond.



2020 ACTS OF MERCY
Lent Calendar