

Daily Acts of Grace and Mercy

A LENTEN EXPERIENCE

SO, WHAT ARE YOU GIVING UP FOR LENT THIS YEAR?

We've all heard this question, but Lent is really more about repentance than giving up chocolate, alcohol or social media. It is about acknowledging our sin and asking for forgiveness.

As we turn away from our sin, we create space that allows Christ to transform us and others.

This year, instead of giving up something for Lent, let's take on something each day so that we become both receptacles and reservoirs of God's mercy and grace.

WEDNESDAY, MARCH 6 • ASH WEDNESDAY • WE PRAY AND WORSHIP

Light a candle and pray for 10 minutes.

Whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. Matthew 6:6

THURSDAY, MARCH 7 • WE MAKE FRIENDS

Hide an encouraging note for a family member, friend, or co-worker in an unexpected place.

Therefore encourage one another and build one another up, just as you are doing.

1 Thessalonians 5:11

FRIDAY, MARCH 8 • WE PRAY AND WORSHIP

Go for a walk at a park or in your community and pray for everyone you see.

Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out. Ephesians 6:18

SATURDAY, MARCH 9 • WE GIVE OURSELVES AWAY

Offer to babysit for new parents who could use a break.

Carry one another's burdens; in this way you will fulfill the law of Christ. Galatians 6:2

SUNDAY, MARCH 10 • WE TELL OUR STORIES

Send a thank you note to someone who has been a positive influence in your life.

I do not cease to give thanks for you, remembering you in my prayers. Ephesians 1:16

MONDAY, MARCH 11 • WE MAKE FRIENDS

Compliment the first three people you talk to today.

Anxiety weighs down the human heart, but a good word cheers it up. Proverbs 12:25

TUESDAY, MARCH 12 • WE GIVE OURSELVES AWAY

Ask a family member how you can help them today.

Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.

Ephesians 4:32

☐ WEDNESDAY, MARCH 13 • WE PRAY AND WORSHIP

Watch or read the local news and pray for a specific situation in your community.

“Yet even now,” declares the LORD, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love. Joel 2:12-13

☐ THURSDAY, MARCH 14 • WE PRAY AND WORSHIP

Spend 30 minutes doing something that brings you joy, even if you feel like your calendar is already full.

So I commend enjoyment, for there is nothing better for people under the sun than to eat, and drink, and enjoy themselves, for this will go with them in their toil through the days of life that God gives them under the sun. Ecclesiastes 9:15

☐ FRIDAY, MARCH 15 • WE TELL OUR STORIES

Treat a friend to a meal and spend time catching up on what’s really happening in your lives.

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help. Ecclesiastes 4:9

☐ SATURDAY, MARCH 16 • WE MAKE FRIENDS

Introduce yourself to a neighbor you’ve never met.

Better a nearby friend than distant family. Proverbs 27:10b

☐ SUNDAY, MARCH 17 • WE TELL OUR STORIES

Take the time to email a restaurant or store today to let them know about the great service you received from their employee.

May the LORD now show you kindness and faithfulness, and I too will show you the same favor because you have done this. 2 Samuel 2:6

☐ MONDAY, MARCH 18 • WE GIVE OURSELVES AWAY

Buy packets of tuna at the grocery store to keep in your car to give to those experiencing homelessness.

“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” Matthew 25:40

☐ TUESDAY, MARCH 19 • WE STUDY THE BIBLE

Share your favorite scripture with someone today and ask them what theirs is.

As iron sharpens iron, so one person sharpens another. Proverbs 27:17

☐ WEDNESDAY, MARCH 20 • WE MAKE FRIENDS

Ask a friend, “How could I be a better friend to you?”

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another. John 13:34-35

☐ THURSDAY, MARCH 21 • WE PRAY AND WORSHIP

Turn the radio in your car off and spend the silent time in prayer.

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8

☐ **FRIDAY, MARCH 22 • WE GIVE OURSELVES AWAY**

Do a chore around your house that someone else normally does.

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Philippians 2:3-4

☐ **SATURDAY, MARCH 23 • WE MAKE FRIENDS**

Fast from social media today and make an effort to connect face to face with people.

Love one another with brotherly affection. Outdo one another in showing honor. Romans 12:10

☐ **SUNDAY, MARCH 24 • WE MAKE FRIENDS**

Send text messages of gratitude to three people today.

I thank my God in all my remembrance of you. Philippians 1:3

☐ **MONDAY, MARCH 25 • WE PRAY AND WORSHIP**

Pray for each member of your immediate family today.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6

☐ **TUESDAY, MARCH 26 • WE GIVE OURSELVES AWAY**

Double the tip the next time you eat out.

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Ephesians 4:32

☐ **WEDNESDAY, MARCH 27 • WE STUDY THE BIBLE**

Wake up 10 minutes earlier than normal and spend time reading scripture.

Your word is a lamp to my feet and a light to my path. Psalm 119:105

☐ **THURSDAY, MARCH 28 • WE MAKE FRIENDS**

Ask a friend, “How are you doing today?” and really listen to their response.

Bear one another's burdens, and so fulfill the law of Christ. Galatians 6:2

☐ **FRIDAY, MARCH 29 • WE GIVE OURSELVES AWAY**

Bring a dozen donuts to your office or school today to share.

Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity. Luke 6:38

☐ **SATURDAY, MARCH 30 • WE GIVE OURSELVES AWAY**

Offer to pick up groceries for a new mom or a friend who is sick.

No one has ever seen God; but if we love one another, God lives in us and His love is made complete in us. 1 John 4:12

☐ **SUNDAY, MARCH 31 • WE STUDY THE BIBLE**

Read the Sermon on the Mount, Matthew 5:1-16 and meditate on salt and light.

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. Matthew 5:13

□ **MONDAY, APRIL 1 • WE MAKE FRIENDS**

Don't use sarcasm today; instead be intentional in encouraging those around you.

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. Ephesians 4:29

□ **TUESDAY, APRIL 2 • WE TELL OUR STORIES**

Confide in a friend about something you've been struggling with, and ask that friend to pray for you.

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. James 5:16

□ **WEDNESDAY, APRIL 3 • WE STUDY THE BIBLE**

Read Luke 22-24 in preparation for Holy Week.

Then Jesus, crying out with a loud voice, said, "Father, into your hands I commend my spirit." Luke 23:46a

□ **THURSDAY, APRIL 4 • WE MAKE FRIENDS**

Pick out a postcard that makes you smile and send it to someone that lives far away.

Congenial conversation—what a pleasure! The right word at the right time—beautiful! Proverbs 15:23

□ **FRIDAY, APRIL 5 • WE PRAY AND WORSHIP**

Carry a list of things for which you're grateful, and look at it each time you start to complain about something.

Those who bring thanksgiving as their sacrifice honor me; to those who go the right way, I will show the salvation of God. Psalm 50:23

□ **SATURDAY, APRIL 6 • WE GIVE OURSELVES AWAY**

Enjoy a walk outside, and pick up trash along the way.

In all this I have given you an example that by such work we must support the weak, remembering the words of the Lord Jesus, for he himself said, "It is more blessed to give than to receive." Acts 20:35

□ **SUNDAY, APRIL 7 • WE TELL OUR STORIES**

Write a thank you note to someone who has taught you a skill and tell them the story about how you used it.

For what thanksgiving can we return to God for you, for all the joy that we feel for your sake before our God. 1 Thessalonians 3:9

□ **MONDAY, APRIL 8 • WE PRAY AND WORSHIP**

Confess to God one thing that is causing you fear or anxiety and release the situation to God.

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9

□ **TUESDAY, APRIL 9 • WE STUDY THE BIBLE**

Memorize John 1:1-4 or verses that are special to you.

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. John 1:1-4

☐ WEDNESDAY, APRIL 10 • WE GIVE OURSELVES AWAY

Next time you grocery shop, buy extra food to donate to Christian Community Service Center or another food pantry.

If any of your kin fall into difficulty and become dependent on you, you shall support them.
Leviticus 25:35a

☐ THURSDAY, APRIL 11 • WE MAKE FRIENDS

Send an email or handwritten note to a friend you have not seen in at least a year.

This is my commandment, that you love one another as I have loved you. John 15:12

☐ FRIDAY, APRIL 12 • WE MAKE FRIENDS

Say something encouraging to a co-worker or someone you see daily.

An anxious heart weighs a man down, but a kind word cheers him up. Proverbs 12:25

☐ SATURDAY, APRIL 13 • WE GIVE OURSELVES AWAY

When you are tempted to gossip today, take a moment to pray for the person instead.

Entirely out of place is obscene, silly, and vulgar talk; but instead, let there be thanksgiving. Ephesians 5:4

☐ SUNDAY, APRIL 14 • WE STUDY THE BIBLE

In preparation for Holy Week read Read Mark 11-16—the story of Jesus' entrance into Jerusalem through the Resurrection.

Then those who went ahead and those who followed were shouting, "Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!" Mark 11:9-10

☐ MONDAY, APRIL 15 • WE MAKE FRIENDS

Learn the names of people you see every day (like the barista at Starbucks or the janitor in your building), and greet them by name each time you see them.

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Colossians 3:12

☐ TUESDAY, APRIL 16 • WE GIVE OURSELVES AWAY

Pay for the order of the person behind you in a drive-thru lane.

Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it.
Hebrews 13:12

☐ WEDNESDAY, APRIL 17 • WE PRAY AND WORSHIP

Spend 30 minutes outside today—take a walk, push a child on a swing, or sit on your porch. Offer gratitude to God for the opportunity.

The heavens declare the glory of God; the skies proclaim the work of God's hands. Psalm 119:1

☐ THURSDAY, APRIL 18 • MAUNDY THURSDAY • WE PRAY AND WORSHIP

Fast instead of eating breakfast today. Spend the time you would normally eat praying for those experiencing hunger.

The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Luke 4:3-4

☐ FRIDAY, APRIL 19 • GOOD FRIDAY • WE PRAY AND WORSHIP

Attend a Good Friday worship service and spend 10 minutes in silence contemplating Jesus' death.

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last. Luke 23:44-46

☐ SATURDAY, APRIL 20 • WE GIVE OURSELVES AWAY

Drop off treats at your closest fire station or police station.

Dear children, let us not love with words or tongue, but with actions and in truth.

1 John 3:18

☐ SUNDAY, APRIL 21 • EASTER • WE TELL OUR STORIES

Celebrate the resurrection by telling someone how God is working in your life today.

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. Colossians 3:16

*Do not be afraid,
for I know that you are looking for Jesus,
who was crucified.*

HE IS NOT HERE; HE HAS RISEN,
JUST AS HE SAID.

MATTHEW 28:5-6



3471 Westheimer | Houston, TX 77027 | 713-622-5710
StLukesMethodist.org