

40

Days of Prayer

* Sunday's
aren't on this
calendar and rest!
Caterpillar
Gather, worship,
and rest!

February 17 Mark your forehead with an ash cross TURN	18 Call a friend BLESS	19 Go Pray the headline news	20 Listen to music you love with a friend REST	21 Learn Romans 6:3-5 Make a skirt
23 TAKE A WALK Pray each step	24 Smile on purpose AT LEAST TEN TIMES TODAY BLESS	25 Thank God for clean water Visit the nearest river GO	26 Teach yourself or someone else how to pray with prayer beads WORSHIP	27 For 20 min. Breathe in. Blowing out. Breathe out. Glass
March * 1 Turn! Watch the sun rise or set PLAY!	2 Pray for homeless teens Cup of Cool Water.org	3 Read Matthew 5:14-16 Learn	4 Pray the Exultet with a candle in hand. Focus on the light BCP 286-7 PRAY	5 Sit quietly for 20 min. Become aware of your surroundings
6 Flashlight tag or shadow puppets BLESS	8 * Give Thanks for a warm house TURN	9 Go: Pray for homeless families AND deliver life packs this week Family Promise of Spokane	10 Study the Beatitudes Matt. 5:3-12 Blessed are they... LEARN	11 Share a photo of someone who models Jesus to you.
12 Take a break from technology today rest!	13 * Listen to the office daily at MissisquoiSt.Clarke.com WORSHIP	15 TURN * Skip one meal today	16 Pray compliment with another person. BCP p127 WORSHIP	17 Go Visit a local food ministry
18 Bless offer to cook for a neighbor rest!	19 Enjoy your favorite food Pray for those who produced it. REST	20 Read Exodus 16:11-20	22 Walk a labyrinth or try a finger labyrinth WORSHIP	23 Turn - Intentionally listen to another person.
24 Write a thank you note to a mentor bless	25 Learn Read I Corinth 12:12-31	26 Read/pray the Black Lens BlackLensNews.com Go	27 Visit a museum or local landmark Rest	29 Bless * Make a simple gift for someone who models generosity
30 WORSHIP Watch bustedhalo.com/video/virtual-stations-of-the-cross	31 Explore a new place Share the experience	April Wash someone's feet TURN	2 Walk urban stations of the cross GO	3 Read John 18:1-19:37 Learn