

FIRST DAYS OF LENT: BEGINNING THE JOURNEY

This calendar guides you through the 40 days of Lent (not counting Sundays) plus Easter Week. Each day offers scripture, reflection, and a simple practice to deepen your faith and prepare your heart for the joy of Easter. The practices are designed for real life — accessible regardless of your circumstances or where you are in your Christian journey. May this season bring you closer to Christ and the renewal He offers.

This first week invites us to begin our Lenten journey with intention and openness. As we enter this sacred season, we are called to prepare our hearts for transformation, setting aside distractions and making space for God's renewing work. These first days help us establish a foundation of receptivity and surrender that will carry us through our entire Lenten pilgrimage.

ASH WEDNESDAY (March 5)

1

"Create in me a clean heart, O God, and put a new and right spirit within me." (Psalm 51:10)

Today marks the beginning of our Lenten journey. No matter your past or present circumstances, God offers a fresh start.

❖ Today's Practice

Take a moment of quiet, place your hand on your heart, and simply pray: "Lord, create something new in me this season."

THURSDAY (March 6)

2

"For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death." (Romans 8:2)

In Christ, we find freedom from whatever holds us captive—whether past mistakes, current struggles, or fears about tomorrow.

❖ Today's Practice

Notice one way you experience God's presence today—perhaps through another person, a moment of peace, or an unexpected blessing.

FRIDAY (March 7)

3

"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control." (Galatians 5:22-23)

God's Spirit brings forth good fruit in our lives, even in difficult soil.

❖ Today's Practice

Choose one fruit of the Spirit to focus on today. Ask God to help it grow in your life.

SATURDAY (March 8)

4

"Put away your former way of life, your old self... and clothe yourselves with the new self, created according to the likeness of God." (Ephesians 4:22, 24)

Lent invites us to set aside old patterns and put on new ways of living that reflect God's image.

❖ Today's Practice

Identify one habit or thought pattern you'd like to change this Lent. In prayer, ask for God's help.