

# 40+ Ideas for Lent and Holy Week

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## Introduction

This guide provides suggested activities for each day of Lent and Easter. It is intended for use in conjunction with the publication in [A Journey into Wholeness: Soul Travel for Lent and Easter](#), and can be facilitated with the use of the [Lenten prayer cards](#). However it can also be used as a stand alone guide for Lent. Or you might like use it in conjunction with the daily blog posts at <http://godspace-msa.com>

## Sunday before Lent

Find Lent readings and set up your sacred space for Lent. Watch [An Invitation to Journey](#). Read through the section preparing for Lent in *A Journey into Wholeness* and write on the back of a prayer card what you plan to do to observe Lent during the coming week.

## Clean Monday

Clean out your sacred space and decorate it with Lenten symbols.

## Shrove Tuesday

[Make pancakes](#) for your family or friends.

## Ash Wednesday

Listen to Gungor's song [Beautiful Things](#)  
Get [ashes on your forehead](#).

## Day 2 – Thursday

Watch [Chocolat](#) with your friends and discuss its implications for Lent.

## Day 3 – Friday

Download a copy of Bread for the World's [Prayers for Hungry People](#) and use as a guide for prayers throughout Lent.

## Day 4 – Saturday

[Start a Lenten garden](#).

## First Sunday During Lent

Listen to [Handel's Messiah](#). Read through the introductory section to First week of Lent in *A Journey into Wholeness* and write on the back of a prayer card what you plan to do to observe Lent during the coming week.

## Day 5 – Monday

Forgive a grudge

## Day 6 – Tuesday

[Make pretzels](#) and [share the history](#) of this traditional German Lenten food with your family.

## Day 7 – Wednesday

Skip a meal and pray instead for the broken places in your life you want to see transformed.

## Day 8 – Thursday

Watch [The Snow Walker](#) and discuss with friends.

## Day 9 – Friday

Watch the meditation video [Lead us to Repentance](#) then use prayers from Bread for the World's [Prayers for Hungry People](#)

## Day 10 – Saturday

Go on a scavenger hunt with your family and collect or take photos of items that remind you of Jesus life. Discuss your collection over the evening meal.

## Second Sunday During Lent

Listen to [St Matthew's Passion by Bach](#). Read through the introductory section to Second week of Lent in *A Journey into Wholeness* and write on the back of a prayer card what you plan to do to observe Lent during the coming week.

## Day 11 – Monday

Buy an extra bag of groceries and donate to the local food bank

## Day 12 – Tuesday

Share a meal with a shut in or needy family.

## Day 13 – Wednesday

Skip a meal and donate the money to an organization that works with people experiencing hunger.

## Day 14 – Thursday

Watch [Milagro Beanfield Wars](#). Discuss with friends.

## Day 15 – Friday

Watch [Is this A Fast](#) then use prayers from Bread for the World's [Prayers for Hungry People](#)

## Day 16 - Saturday

[Make a sand craft](#). Sand is a symbol of how God led the Israelites in the desert and also of Christ's 40 days of temptation in the desert.

## Third Sunday During Lent

Listen to [Gregorian Chants from Assisi](#). Read through the introductory section to Third week of Lent in in *A Journey into Wholeness* and write on the back of a prayer card what you plan to do to observe Lent during the coming week.

## Day 17 – Monday

Walk around the neighbourhood with a friend and talk to at least one homeless person. Share a cup of coffee or lunch. Ask them about their life.

## Day 18 - Tuesday

Share a meal with a refugee family. Ask about their experiences of homelessness.

## Day 19 – Wednesday

Skip a meal and donate the money to an organization that works with the homeless in your city or with refugees overseas.

## Day 20 – Thursday

Watch [The Homeless Home Movie](#) and discuss with friends.

## Day 21 – Friday

Use prayers from Bread for the World's [Prayers for Hungry People](#)

## Day 22 – Saturday

Volunteer with an organization like [Habitat for Humanity](#) for the day.

## Fourth Sunday During Lent

Listen to your favourite Lenten hymns. Read through the introductory section to Fourth week of Lent in *A Journey into Wholeness* and write on the back of a prayer card what you plan to do to observe Lent during the coming week.

## Day 23 – Monday

Measure your [eco-footprint](#) and/or go car free for the day.

## Day 24 – Tuesday

Cook a meal using only local and/or organic produce.

## Day 25 – Wednesday

Skip a meal and consider donating to [The Revealing Light Project](#) or to [Plant with a Purpose](#) or similar organization.

## Day 26 – Thursday

Watch [Fresh the Movie](#) and discuss with friends.

## Day 27 – Friday

[Pray for creation](#) and for those whose lives have been destroyed by pollution and deforestation.

## Day 28 – Saturday

Plant a vegetable garden or join a clean up project for a day.

## Fifth Sunday During Lent

Listen to [Te Deum 5th Century Monastic Chant](#). Read through the introductory section to Fifth week of Lent in *A Journey into Wholeness* and write on the back of a prayer card what

you plan to do to observe Lent during the coming week. If possible attend a church of another theological perspective.

### **Day 29 – Monday**

Practice your language skills. As much as possible use a language other than your native tongue throughout the day.

### **Day 30 – Tuesday**

Invite people from another church or house worship to your place for dinner.

### **Day 31 – Wednesday**

Skip a meal and donate what you save to a church ministry of another theological perspective.

### **Day 32 – Thursday**

Watch [The Mission](#) and discuss the film with your friends.

### **Day 33 – Friday**

Watch [Jesus – A Man for All Nations](#). Visit [Matt Stone's blog](#) and browse through images of Christ from other cultures. Pray for unity within the global church.

### **Day 34 – Saturday**

Visit an [ethnic museum](#), art gallery or heritage site in your area. Make [palm crosses with your children](#).

### **Palm Sunday**

Listen to [All Glory Laud and Honour](#). Read through the introductory section to Holy week in *A Journey into Wholeness* and write on the back of the appropriate prayer card what you plan to use throughout the week to observe Holy week this year.

Attend a palm Sunday service that includes a procession around your neighbourhood.

### **Day 35 – Monday of Holy week**

Block out at least an hour during the day or evening for silent retreat.

Listen to [The Old Rugged Cross](#). Read the story of the crucifixion in your favourite gospel and then spend time meditating on what you have read and heard. Write your response in your journal.

## **Day 36 – Tuesday of Holy week**

[Prepare a seder meal](#) to share with your family or friends.

Listen to [hymns from the Holy Week](#)

## **Day 37 – Wednesday of Holy week**

Watch [The Way](#) and discuss the concept of pilgrimage with friends or family.

## **Day 38 – Maundy Thursday**

Attend a foot washing service or hold one with your family and friends.

Make [hot cross buns](#).

## **Day 39 – Good Friday**

Walk the stations of the Cross at a local church or browse through [this selection of stations](#) of the cross and meditate on the sacrifice Christ made for us. Use the prayer cards or [this prayer](#) for meditation. Listen to [When I Survey the Wondrous Cross](#)

## **Day 40 – Easter Saturday**

Create an [Easter resurrection garden](#), or use crosses, doves, and other religious symbols to [decorate Easter eggs](#). With small children colour paper [Easter egg craft](#).

## **Easter Sunday – Alleluia Christ is Risen!**

Attend an Easter service with your family or friends.