

PRAYING IN COLOR – A LENTEN CALENDAR

Using a calendar template is a simple, daily, and playful but serious practice for praying our way through the forty days of Lent.

Each day, choose a word to ponder or a person to pray for. Write the word or name in the allotted space with a pen and draw or doodle around it. Add color with colored pencils or markers. Let the word or name speak to you. If words come to you as you draw, pray them. If not, just continue to draw, stay quiet, and let the word or name burrow into your mind and heart. Returning to the calendar each day establishes a special time to be present to God and to listen.

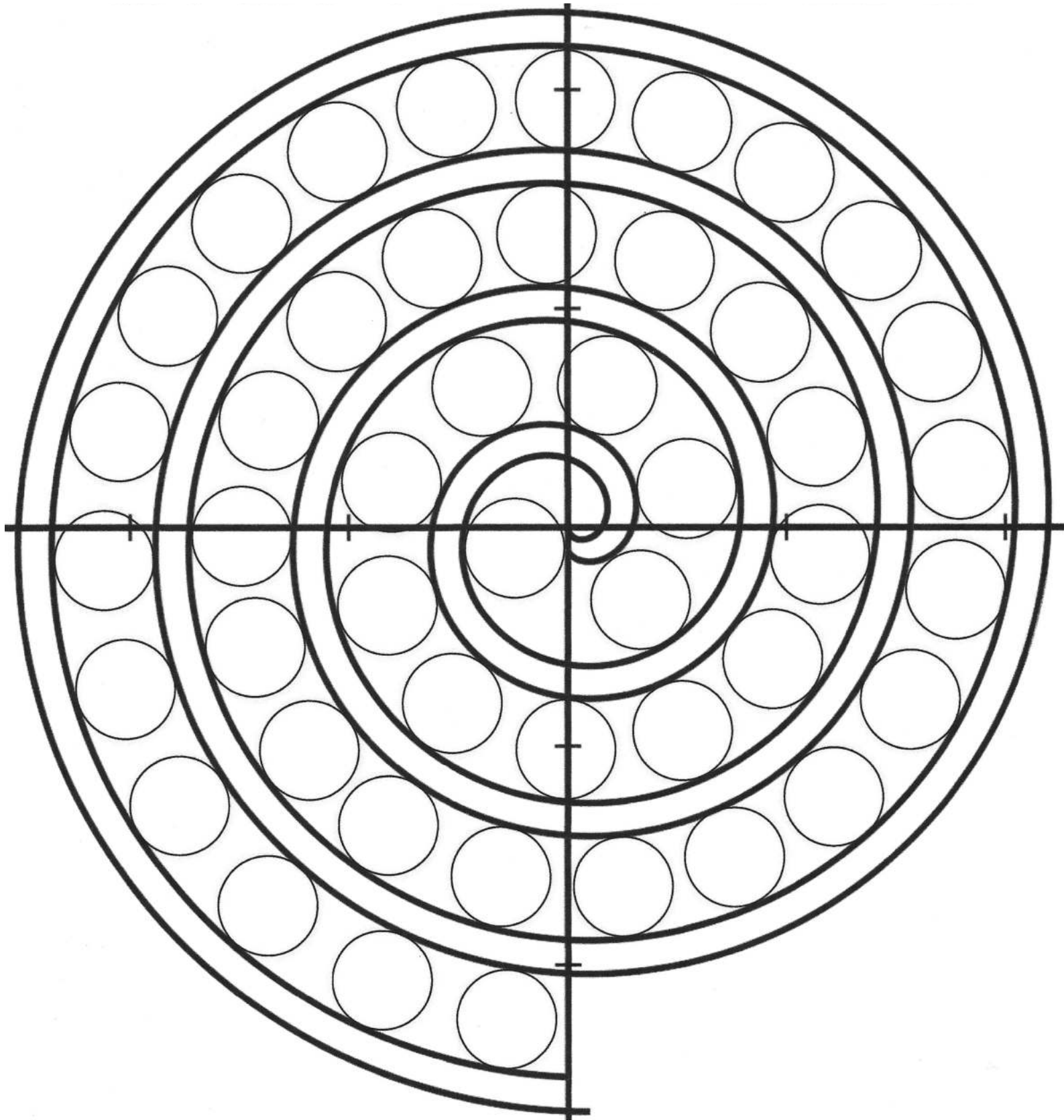
Think of each mark of the pen or stroke of a colored marker/pencil as a small non-verbal prayer. The goal of the doodling and drawing is not to make a beautiful work of art (though it often does), but to create a visual prayer. Drawing/doodling invites the body into the prayer, gives the eyes and hand something to do, and helps to focus attention on the word or person.

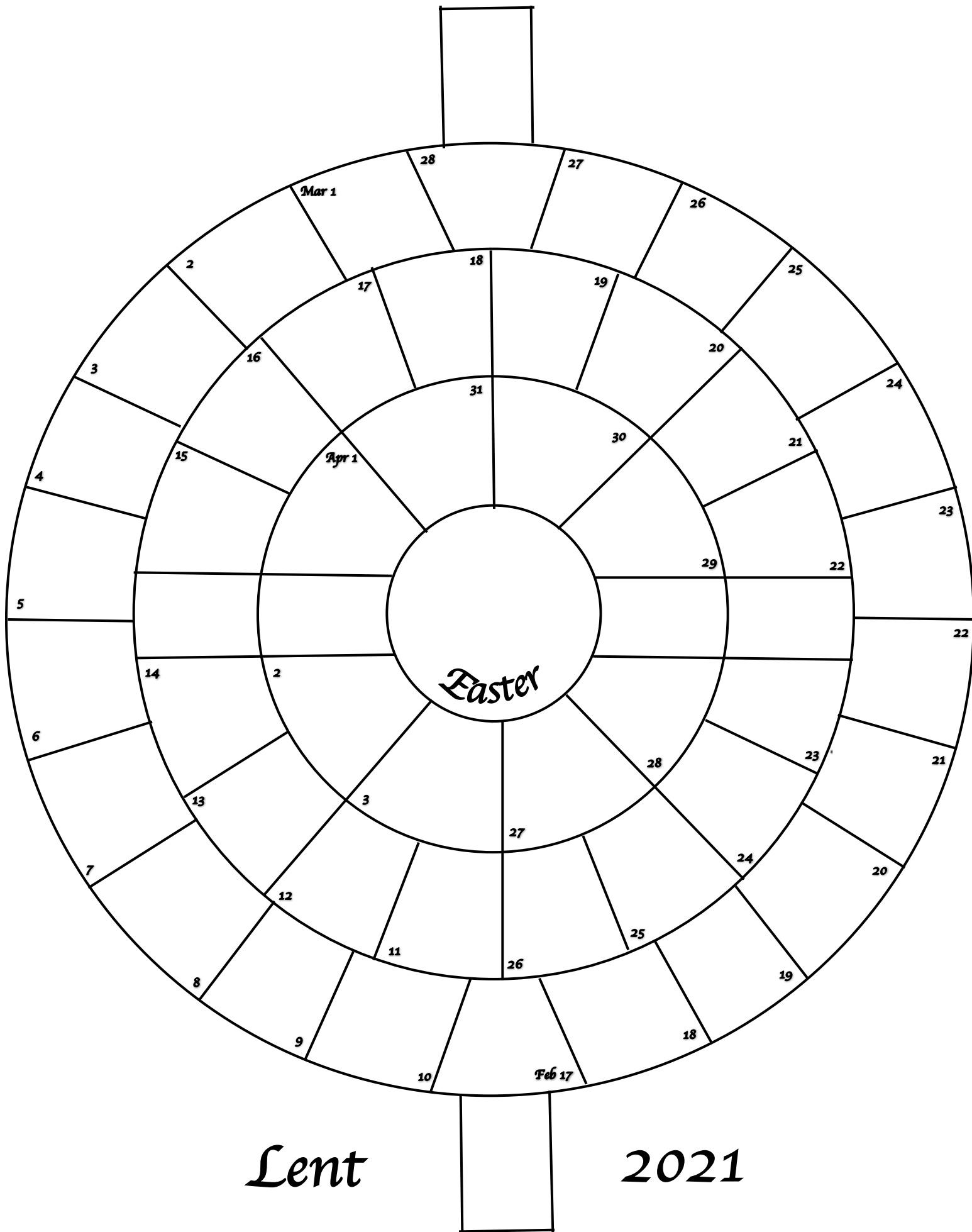
Praying on the calendar is a visual and kinesthetic Lenten discipline. The accumulation of words or peoples' names on the calendar creates an emerging tapestry of your spiritual journey.

Since Lent is a time for **reflection and self-examination**, scatter your confessions, character defect, and regrets along with some dreams, hopes, and thanksgivings. The past year has been a difficult one for all of us, so include any of your specific worries, fears, and sorrows on the calendar.

“You are good and forgiving, YHWH, abounding in love to all who call to you.” Psalm 86:5

Lent 2021





Lent

2021

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| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|----------------|----------------|--------------------|-----------------|---------------|-----------------|
| | | | <i>February 17</i> | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | <i>March 1</i> | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | <i>April 1</i> | 2 | 3 |