##

## A Family Lent Calendar 2025

The church of England’s Lent theme for 2025 is **Living Hope.** This Lent we are encouraged to put down deep roots of hope by connecting with God who is with us at all times.

## The season of Lent starts on Ash Wednesday, which this year is 5th March.

## Our calendar gives suggestions for special ways to mark every day through Lent in preparation for Easter.

## Why not print this out and display in your church, or give out to families you know?

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| A close up of a yellow flower  Description automatically generated |  | A close up of a yellow flower  Description automatically generated | March 5Make a Lent tree. Place a large branch in a vase and hang an egg-shaped decoration on it each day until Easter | 6Give a compliment to each member of your family today | 7Try to drink just water today and pray for everyone who lives where there is only dirty water to drink | 8Sort out some unwanted clothes or toys ready to take to a charity shop |
| 9Look for signs of new growth in your garden or on a walk and thank God that he brings new life | 10Choose an MU project to pray for and help in some practical way through Lent | 11Give up social media for the day | 12Count the number of radiators and heaters in your home then pray for people who are homeless, and in the cold | 13Do a helpful task without being asked- such as tidying up or clearing the table | 14See if you can go through the day without eating anything sweet | 15Get in touch with someone you’ve not seen for a while |
| 16Bake some tasty treats and share them with family, friends or neighbours | 17Make a list of five things you are grateful for | 18Check the news today and pray about something that concerns you | 19Give up television or computer games for the day | 20Make a special effort not to argue or say unkind things to anyone today | 21Choose something to watch together as a family and enjoy each other’s company | 22Scour your home for loose change to donate to MU |
| 23Cook extra for Sundaylunch so you can invite someone on their own to join you | 24Go without eating snacks or dessert today | 25Say thank you to someone who has helped you today – like a teacher or shop assistant | 26Find a time to go for 30 minutes without speaking then pray for lonely people withno-one to talk to | 27Try and think of alternatives to single-use plastic items at home or church | 28As a family talk about the story of Jesus in the wilderness. What would you have found most hard to cope with? | 29In a group pick up litter in your street or local area |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Mothering Sunday 30Think of ways to make mums and those who care for you feel extra special today | 31Say a special grace before your meal thanking God for farmers and all who work to provide us with food | April 1Collect some food items and donate them to a foodbank | 2If you hear a siren today pray for the person or people who are needing help | 3Plant some Spring bulbs in a pot and give to someone you think needs a treat | 4Try hard to remember to turn off lights and electrical equipment when you are not using them | 5Pause at midday to pray. You could join MU prayers on Facebook at 12.00! |
| 6Find out if there is some way you can help at church today – like giving out hymnbooks or notice sheets | 7Try and make a journey on foot today, instead of using the car | 8If you have family or friends in other countries, try and find out if they have special Easter traditions | 9At bedtime pray for people who have to work at night | 10Cook a meal using what you have in your cupboards and freezer. Give any money you’ve saved on the meal to your MU project | 11Make some Easter cards to send or give out | 12Share favourite jokes with family and friends. Thank God for fun and laughter! |
| Palm Sunday 13Make palm branches with paper to wave at church or home when singing a hymn or worship song | 14Think of anything that has made you happy today and say thank you to God | 15Look at the MU website together and pray for something featured on it | 16Whenever you pass a chemist or surgery today say a quick prayer for people who are ill | 17Over a meal with family and friends chat about how it would have been like to be at the Last Supper with Jesus | Good Friday 18Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all | Holy Saturday19Make an Easter garden to symbolise and celebrate Jesus’ resurrection |