

Lenten Fasting/Service Calendar

FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
			Abstain from eating meat	Fast from your favorite food		
21	22	23	24	25	26	27
	Help (in a meaningful way) three people each day					
28						

Lenten Fasting/Service Calendar

M A R C H

S	M	T	W	T	F	S	
	1	2	3	4	5	6	
			Fast from harsh words				
7	8	9	10	11	12	13	
		Engage in meaningful IN PERSON conversations each day					
14	15	16	17	18	19	20	
		Fast from your favorite snack					
21	22	23	24	25	26	27	
		Be patient with everyone, especially those who are difficult					
28	29	30	31				

HOLY WEEK: Pick three of the above fasting or service exercises and do them all this week.

Lenten Fasting/Service Calendar

A P R I L

S

M

T

W

T

F

S

1

2

3

Good Friday
abstain from meat

4

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Easter Sunday

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