

| | | | wednesday | thursday | friday | saturday | |
|--|--|---|--|---|---|--|---|
| | sunday | monday | tuesday | Don't buy anything today. 2.22 | Light a candle at every meal. 2.23 | When asked how you are, answer with something new and generous like "My life is rich." 2.24 | Block out 30 minutes on your calendar and relax. 2.25 |
| <i>1st Sunday of Lent</i> 2.26 | Shut down your phone and compute at night. Take intentional breaths while they reboot come morning. 2.27 | Donate 10 things. 2.28 | Sit down when you eat. 3.1 | Watch the sun rise or set. 3.2 | Pick one set of stairs at home or work and each time you climb them do it mindfully. 3.3 | Make eye contact. 3.4 | |
| <i>2nd Sunday of Lent</i> 3.5 | Delay reaching for the remote at the end of the day. Sit, stretch, read or listen to music instead. 3.6 | Carve out 5 minutes to sit. 3.7 | Do a craft you loved as a child. 3.8 | Hand write a letter to someone you love. 3.9 | Go outside and touch something wild. 3.10 | Smile at three people. 3.11 | |
| <i>3rd Sunday of Lent</i> 3.12 | Set an intention for your day and return to it in the quiet moments. 3.13 | Listen not to respond, but to understand. 3.14 | Explore a new place in your neighborhood. 3.15 | Pick your toes up, fan them out and put them back down. Be here now. 3.16 | Put on a song you love and actively listen to the entire piece. 3.17 | Pick a machine in your life (car, computer, etc.) that you appreciate and give it a nod of gratitude before using it. 3.18 | |
| <i>4th Sunday of Lent</i> 3.19 | Cook something slowly, deliberately. 3.20 | Say yes to an invitation. 3.21 | Set a chime on your phone to sound once an hour. Each time you hear it, take 3 conscious breaths. 3.22 | Do one thing at a time. 3.23 | Build an altar that tells your story. Include objects that represent people and places that have shaped you. 3.24 | Think about where your food came from. 3.25 | |
| <i>5th Sunday of Lent</i> 3.26 | Go outside and look up. All the way up. 3.27 | Show up early to something with no agenda and see what happens. 3.28 | Go one day without using your car. 3.29 | Smell your food before you taste it. 3.30 | Take a detour on purpose and see what happens. 3.31 | Change the pictures in your frames to see new memories of people and places you adore. 4.1 | |
| <i>Palm Sunday</i> 4.2 | Say no to one lie you are telling yourself. 4.3 | Commit to being open to surprise today. At the end of the day, reflect on what surprised you. 4.4 | Clean something prayerfully. 4.5 | Eat a snack with your eyes closed. 4.6 | Write down three things you are grateful for. 4.7 | Make a list of things you would do if you didn't need money. Try to incorporate one today. 4.8 | |

40 Tiny Things

FOR LENT
2023

Welcome to Lent, the time before Easter when we practice disciplines that help us recognize God's presence in our midst, as well as our dependence on a gracious God. Use this calendar to slow down, deepen your roots, live from a sense of enough and be open to finding God in the ordinary. God bless you in these Lenten days!

Guide our discovery this Lent to bless the ordinary, to be changed by tiny things, to see glimpses of death and new life both in and around us. Through Jesus, who is liberation and love. Amen.

12 Tiny Things

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