

# Expanding Your Capacity This Lent

Habits/Goals	✓	Date	Read God's Word
<b>Ash Wednesday</b>		26-Feb	Deuteronomy 7:6-11
		27-Feb	John 12:1-11
		28-Feb	Romans 5:1-11
		29-Feb	Psalms 51
<b>Habits</b> Cultivating Habits: <b>For God</b> - Speak the Jesus Creed when you wake up and when you go to bed. <b>For Others</b> -speak your appreciation for them.		1-Mar	Leviticus 19:15-18
		2-Mar	Deuteronomy 6:4-12
		3-Mar	John 5:16-20
		4-Mar	Psalms 1
		5-Mar	John 14:14-15
		6-Mar	Mark 1:35-39
		7-Mar	John 15:1-11
<b>Prayers</b> Cultivating Habits: <b>For God</b> - Pray the Lord's Prayer on your way to work or before you start your daily routine. <b>For Others</b> - Pray for someone after you pray the Lord's Prayer.		8-Mar	Luke 11:2-4
		9-Mar	Matthew 6:9-13
		10-Mar	Jonah 2
		11-Mar	Psalms 88
		12-Mar	Colossians 4:2-5
		13-Mar	Philippians 2:1-11
		14-Mar	Romans 3:21-31
<b>Family</b> Cultivating Habits: <b>For God</b> - meditate on the forgiveness you've been given through Christ's sacrifice. <b>For Others</b> -Make ammends with someone you have wronged or has wronged you.		15-Mar	Luke 15:11-32
		16-Mar	Titus 2:11-14
		17-Mar	Matthew 18:21-35
		18-Mar	Psalms 19
		19-Mar	Colossians 3:12-17
		20-Mar	Joshua 24:14-15
		21-Mar	Romans 8:1-17
<b>Table</b> Cultivating Habits: <b>For God</b> - Talk with your family about God at the dinner table. <b>For Others</b> - Ask someone to join you for dinner at your house.		22-Mar	Matthew 26:17-30
		23-Mar	Luke 22:7-23
		24-Mar	John 2:1-11
		25-Mar	Psalms 23
		26-Mar	Matthew 22:1-14
		27-Mar	Luke 14:15-23
		28-Mar	1 Corinthians 12:27-31
<b>Love</b> Cultivating Habits: <b>For God</b> - Read Scripture daily and take a few minutes after you read in silence. <b>For Others</b> - Tell someone about the Scripture you read that day		29-Mar	1 Corinthians 13:1-13
		30-Mar	Romans 5:12-21
		31-Mar	Titus 3:1-8
		1-Apr	Psalms 85
		2-Apr	1 John 4:7-21
		3-Apr	Psalms 13
		4-Apr	Jude 1:17-25
<b>Praise</b> Cultivating Habits: <b>For God</b> - listen to worship music daily. <b>For Others</b> - give one person a compliment every day		5-Apr	Philippians 1:15-26
		6-Apr	Colossians 1:15-29
		7-Apr	Psalms 100
		8-Apr	Genesis 22:1-19
<b>Influence</b> Cultivating Habits: <b>For God</b> - Pray for your neighbors. <b>For Others</b> - Get to know your neighbors a bit more. Invite them for Easter.		9-Apr	John 13:1-17, 31b-35
		10-Apr	Isaiah 52:13-53:12
		11-Apr	1 Peter 4:1-8
<b>Expanded Capacity</b> Continue to cultivate the habits practiced this season.		12-Apr	Matthew 28, Mark 16, Luke 24:1-12, John 20