

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Feb 28 The MY CHAIR podcast is back for the Lent season!	1	2 Ash Wednesday Use this calendar to make a plan for Lent	3 Who will you share this Lent journey with?	4 Prayer of Examen: God, thank you...	5
6 Attend Church	7 Calendar- when will you find your chair this week?	8 Who can you encourage this week?	9 Read Mark 2:1-12	10	11 Prayer of Examen: God, forgive me...	12
13 Attend Church	14 Calendar- schedule a sabbath rest for yourself	15	16 Read John 9:1-16	17 How can you show God's love to someone today?	18 Prayer of Examen: God, I saw you working today...	19
20 Attend Church	21 Calendar- schedule a sabbath with family or friends	22 Is there a need you can meet this week?	23 Read Mark 4:35-41	24	25 Prayer of Examen: God, you are near...	26
27 Attend Church	28 Calendar- make space for silence this week	29	30 Read John 8:1-11	31 Who will you pray for today?		

LENT

Spiritual Practices

Solitude Confession
 Silence Fasting
 Sabbath Examen
 Simplicity Acts of Love/Mercy

Gospel Readings

Choose 1 gospel to read through
 YV- "Harmony of the Gospels"
 Holy Week push notifications

Church

Gather weekly on Sundays
 Meet regularly with a LifeGroup
 MY CHAIR podcast- M-W-F

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Attend Church	4 Calendar- make time for some solitude this week	5 Who is ready for your invitation to church?	6 Read Mark 9:1-8	7	8 Prayer of Examen: God, I saw you working today...	9 Allow push notifications on the Grace app to follow along with the last moments of Jesus' life. whoisgrace.com/app
10 Palm Sunday Attend Church and Invite a friend!	11 Set an alarm to pause & pray in the middle of the day	12	13 Read John 13-17	14 Maundy Thursday Share a meal with someone	15 Good Friday Prayer of Examen: God, forgive me..... Attend Good Friday service hosted at Grace McKean 6:00 or 7:30pm	16 Holy Saturday Attend and invite to one of our Family-friendly Easter Services! 2:00 and 4:00pm
17 Easter Sunday Attend Church and invite some family! 8:30 and 10:00am at both locations. Check the website for online and TV schedules.	18 50 days of Eastertide begin! (Easter to Pentecost)	19 Continue the spiritual practices!	20 Find Your Chair daily	21 Attend Church weekly	22 Meet with a LifeGroup regularly	23 Share your stories from the chair at whoisgrace.com/READ

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