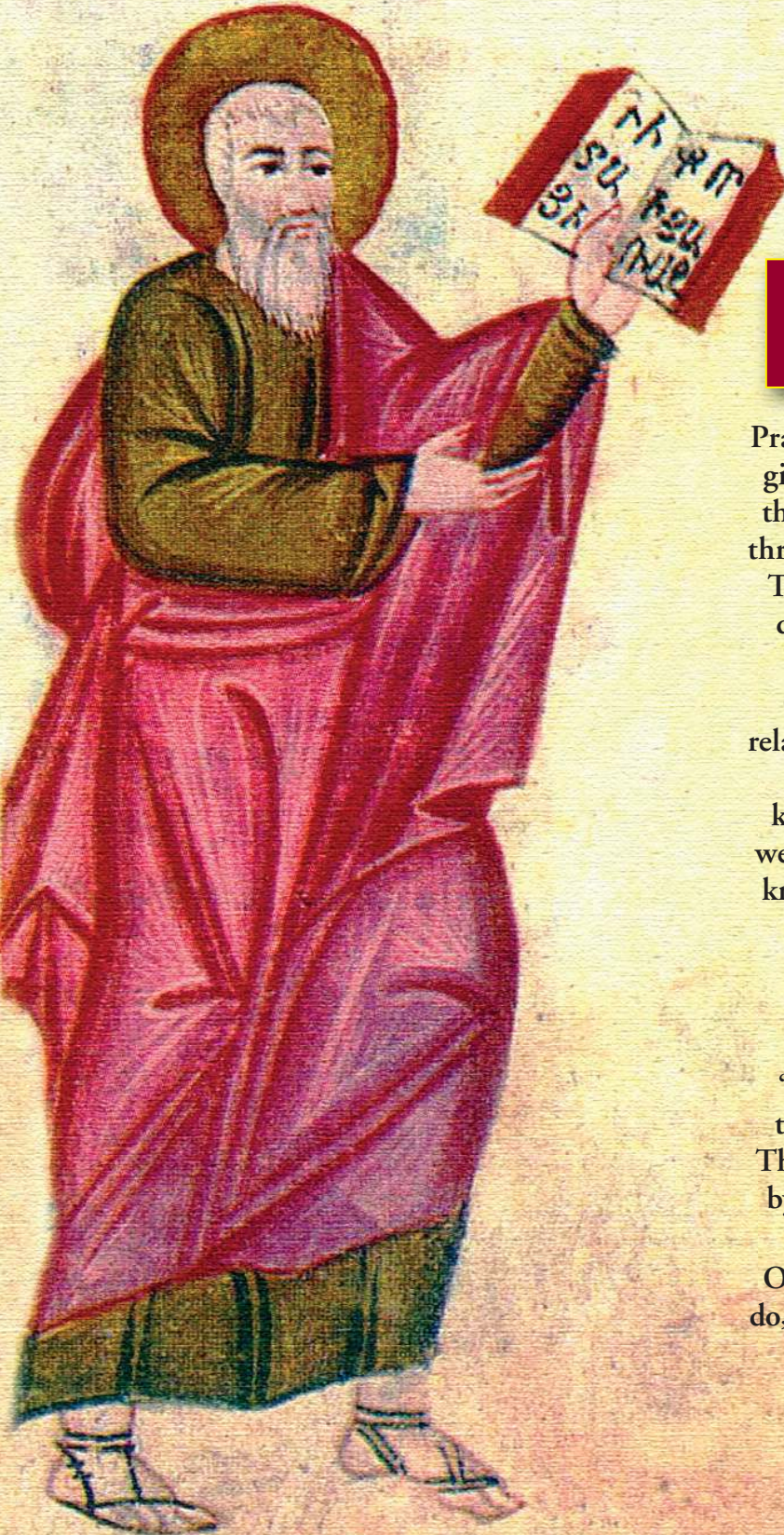


My Family Lenten Calendar 2020

A prayer journey through Great Lent in the Armenian Church



PRAY!


Prayer is one of the most beautiful gifts God has given to us. Made in His image, we alone have the blessed capability of growing closer to God through the “language” that connects us to Him. That language can be one of words, song, and dance. It can be about simply being in God’s presence and inviting Him into your life.


Our human relationships are mirrors of our relationship with God. How do we communicate with those we love? We open ourselves up knowing our vulnerabilities will be respected; we share good times and bad; we ask for things, knowing that it will not always be possible; we argue, we make up, we laugh, we cry.


It’s a lifelong process and friendship with God is the goal not the starting point.

When Jesus called His disciples and said, “Come follow me,” they left their fishing nets, their tax tables, their trades, and they followed. Then they spent time with Jesus daily and learned by listening and watching, teaching and healing, joining Him in prayer as well.

Of all the amazing things they witnessed their Lord do, the only thing they ever asked Him to teach them *was how to pray!*

WEEK ONE FEBRUARY	SUNDAY ԿԻՐԱԿԻ	MONDAY ԵՐԿՈՒՇԱՐՔԻ	TUESDAY ԵՐԵՔՆԱՐՔԻ	WEDNESDAY ՉՈՐԵՔՆԱՐՔԻ	THURSDAY ՀԻՆԳՇԱՐՔԻ	FRIDAY ՈՒՐԲԱԹ	SATURDAY ԸՆԱԲԱԹ
	23 <i>Poon Paregtan</i> While not strictly one of the Sundays of Lent, this day of celebration is our Carnival Day, preceding Lent. It recalls the happy, innocent life of Adam and Eve in Paradise. Read Genesis 1-2:3. Pray for the world and everyone in it! <input type="checkbox"/>	24 <i>First Day of Lent</i> Read Mark 1:9-13 together. Jesus was alone in the wilderness. Say this prayer today. "Lord, comfort everyone in the world who is lonely. Help me be a good friend." <input type="checkbox"/>	25 Write these verses on a card and memorize them. 1 Thessalonians 5:16-18: Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. <input type="checkbox"/>	26 As a family, read Psalm 51:10-12. Commit to memorizing verse 10: "Create in me a pure heart, O God, and put a new and right spirit within me." <input type="checkbox"/>	27 Make a list of all of your extended family members and friends. Pray for one of them every day of Lent. <input type="checkbox"/>	28 Pray the Lord's Prayer together. When you come to ask to be forgiven of "debts" or "trespasses," replace the word with a different word or phrase. Share the word you came up with. <input type="checkbox"/>	29 <i>St. Theodore the Warrior</i> was a 4th century soldier in the Roman army who witnessed to his faith in Jesus Christ by refusing to worship in required pagan rites. He was eventually martyred for his continued protests. Google St. Theodore and based on what you learn, write a prayer to God thanking Him for what this blessed martyr did. <input type="checkbox"/>

WEEK TWO MARCH	SUNDAY ԿԻՐԱԿԻ	MONDAY ԵՐԿՈՒՇԱՐՔԻ	TUESDAY ԵՐԵՔՆԱՐՔԻ	WEDNESDAY ՉՈՐԵՔՆԱՐՔԻ	THURSDAY ՀԻՆԳՇԱՐՔԻ	FRIDAY ՈՒՐԲԱԹ	SATURDAY ԸՆԱԲԱԹ
	1 <i>Sunday of the Expulsion</i> recalls...the loss of that original happiness through pride and mistrust and that every sin bears its penalty. We are not deprived of Paradise forever, but are on the road home. Pray for the refugees of the world, people who have had to leave their homes because of war, violence, or poverty. <input type="checkbox"/>	2 Pray for someone you know who is having a difficult time. Or choose a story from the newspaper or Internet of a troubled country or people. Pray for them. <input type="checkbox"/>	3 Let Psalm 25: 4 be your prayer for the day: "Make me know your ways, O Lord; teach me your paths." <input type="checkbox"/>	4 Think of five things we take for granted that are great luxuries in other parts of the world. Say a prayer of thanks for these. <input type="checkbox"/>	5 Gift wrap a prayer for each member of the family. <input type="checkbox"/>	6 Pray for your neighbors by name. <input type="checkbox"/>	7 <i>St. Cyril of Jerusalem</i> was an important bishop and champion of the church in the 4th century. He described the Holy Spirit as "gentle, One who comes to us in sweetness; beams of light and knowledge gleam forth from Him..." At bedtime tonight, address your prayer to the Holy Spirit, also called Comforter. <input type="checkbox"/>

WEEK THREE	SUNDAY ԿԻՐԱԿԻ	MONDAY ԵՐԿՈՒՇԱՐՔԻ	TUESDAY ԵՐԵՔՆԱՐՔԻ	WEDNESDAY ՉՈՐԵՔՆԱՐՔԻ	THURSDAY ՀԻՆԳՇԱՐՔԻ	FRIDAY ՈՒՐԲԱԹ	SATURDAY ԸՆԱԲԱԹ
	8 <i>Sunday of the Prodigal Son</i> tells the story...of a lost son who returns to his father and family home in sorrow and penitence. How great is the father's love and forgiveness! A lesson on the nature of God's love for the "lost" and for those who never stray. (Luke 15:11-32) Pray for young adults throughout the world. <input type="checkbox"/>	9 Pray for peace. <input type="checkbox"/>	10 Write down a prayer from the Badarak that you especially like. Share it with your family. <input type="checkbox"/>	11 Did you know that pretzels were first made as a Lenten treat? The loops and twists were meant to suggest arms in prayer. Have some pretzels today. And pray! <input type="checkbox"/>	12 Listen to the Lord in stillness for two minutes. Write down what you "hear." <input type="checkbox"/>	13 Either outside on a walk, or in your home, take a picture on your phone of something that inspires you. Pray about it today as you look at the photo. <input type="checkbox"/>	14 <i>St. Gregory of Narek</i> was a priest in the 14th century and one of the greatest theologians of the Armenian Church. His most famous work is "The Book of Questions" or <i>Kirk Hartzmanitz</i> in which he defended the solid foundation of Armenian Church teachings. Write a prayer that starts with a question you have for God. <input type="checkbox"/>

WEEK FOUR



SUNDAY
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15 *Sunday of the Steward* reminds us that....we need to be as wise in advancing our spiritual security as we are in earthly matters! (Luke 16:1-13)

As a family, think of all the gifts (talents) you have. Make a list and thank God for them.

MONDAY
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16 Memorize St. Nersess Shnorhali's prayer: "Jesus, Wisdom of the Father, grant me wisdom, that I may always think, speak and do that which is good in your sight. Save me from evil thoughts, words, and deeds and have mercy upon all your creatures and upon me, a great sinner."

TUESDAY
ԵՐԵՐՇԱՆՔԹԻ

17 Look up Matthew 14:23, Mark 6:46, Luke 6:12, Mark 1:35, Luke 5:16. What was Jesus doing?

WEDNESDAY
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18 *Median Day of Lent* Take stock of your Lenten experience so far. Pray for the church.

THURSDAY
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19 Watch the news on TV today or skim the first few pages of the newspaper. Itemize the people and places that need our prayers.

FRIDAY
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20 Google one of our great prayer writers, St. Nersess Shnorhali, and learn about him. Memorize one of the 24 prayers of *I Confess with Faith*. (Choose one other than "Jesus, Wisdom of the Father.")

SATURDAY
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21 *Forty Martyrs of Sebastea* These brave Christian soldiers in the 4th century Roman Army were thrown into a freezing lake because of their outlawed faith. One soldier could not take the cold and ran out. The 39 were found dead the next morning but with brilliant halos over their heads, the sight of which inspired a pagan guard to convert and throw himself to his death into the freezing water. Pray for Christians throughout the world who have sacrificed their lives for their faith. Find out where such things are happening.

WEEK FIVE



SUNDAY
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22 *Sunday of the Judge* tells the story of how....persistent and heartfelt prayer will always get God's attention (Luke 18:1-8) In the spirit of the persistent widow of our Sunday lesson, pray every hour today! Formulate the prayer and repeat it with renewed feeling every time.

MONDAY
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23 Pray for those who have hurt you.

TUESDAY
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24 Google St. Gregory of Narek, one of our great prayer writers. Memorize this line from Prayer 61: "Restore these broken branches and let them take root in the field of life." (The broken branches refer to the parts of your life that sin can twist and break.)

WEDNESDAY
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25 Pray for anyone you know who is sick.

THURSDAY
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26 Interview your family and ask them their favorite things about Easter. Thank God for all of these things.

FRIDAY
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27 Make a list of good things in your life today and thank God for each of them.

SATURDAY
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28 *St. Gregory the Enlightener Commitment to the Pit* St. Gregory, converted the Armenian nation in 301 AD, and accepted a harsh punishment rather than deny his love of Christ. List three ways we need to make difficult choices sometimes to live God's way. Sit quietly and think about these choices. Let God into your reflection.

WEEK SIX



SUNDAY
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29 *Sunday of the Advent* is dedicated to... The Second Coming of Christ that will launch a new era, a new heaven, and a new earth where we will be in total and joyful union with God's will. Spend some time outdoors today enjoying God's creation. Identify cloud pictures, go for a walk or a drive in the country, pick up litter in the park. Begin and end your time with a prayer.

MONDAY
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30 Pray Psalm 150. What instrument do you think would best accompany this prayer?

TUESDAY
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31 Practice saying "mini" prayers. For example: When you pass a budding tree, thank God for life. When you're in the shower, praise God for the gift of water. If you hear a fire engine, pray for the strength and courage of the fire fighters.

WEDNESDAY
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APRIL

1 Turn off your phone, computer, music, TV and any other sources of noise or connection. Be silent for 5 minutes. Let God in.

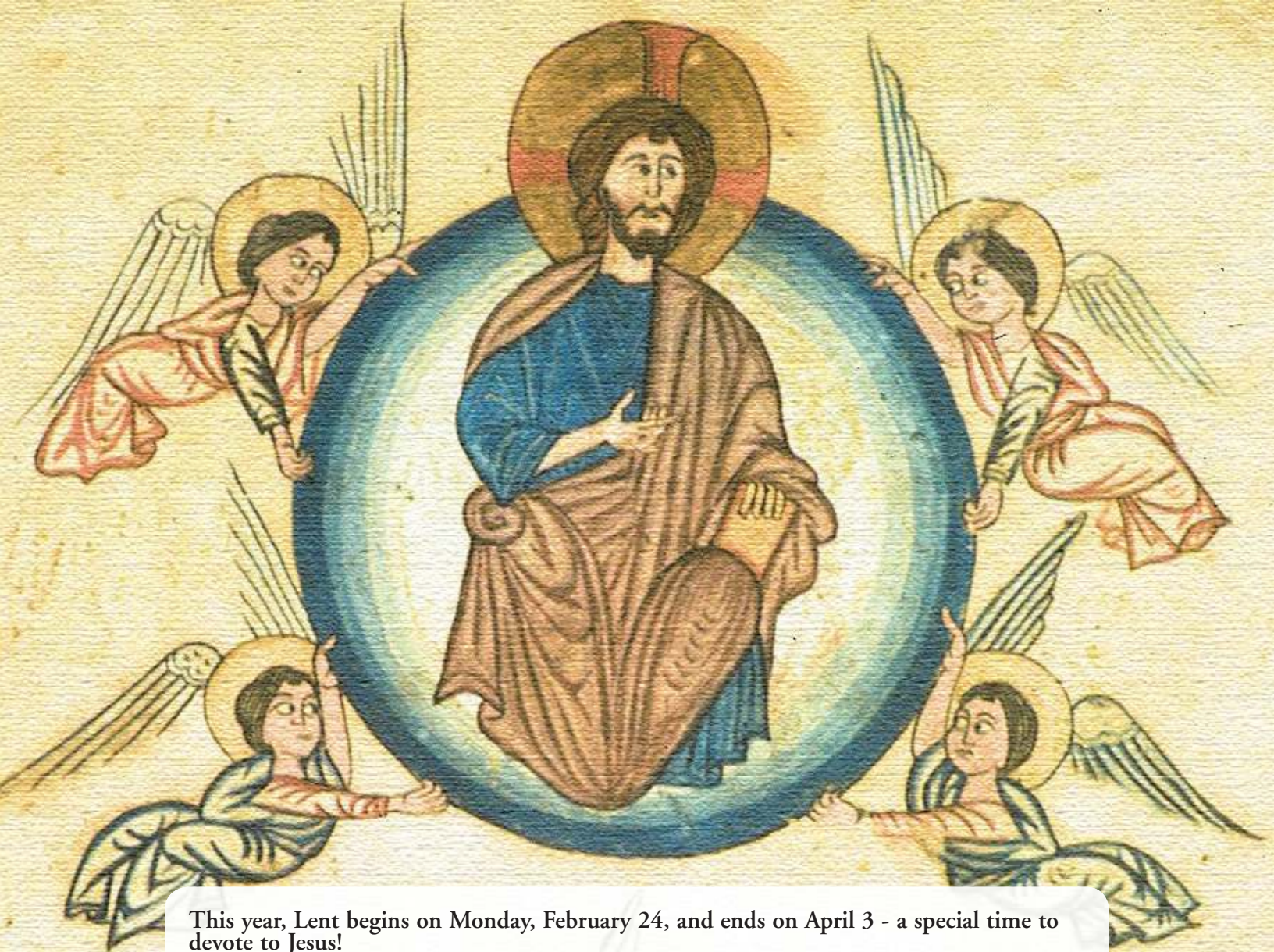
THURSDAY
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2 Fill in the blank: Lord, I thank you for _____

FRIDAY
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3 This is the last day of Lent. Write a prayer about how these past 40 days went for you.





This year, Lent begins on Monday, February 24, and ends on April 3 - a special time to devote to Jesus!

Attend church. Follow the beautiful lessons of the Sundays of Lent and then attend Holy Week services that culminate in the joy of Easter.

Read the Bible. Be inspired by God's story. Read about the events leading up to the Resurrection in the four Gospels: Matthew 21-27, Mark 11-15, Luke 19-23, John 12-19.

Fast. The Lenten practice of the Armenian Church is to avoid all meat and animal products but if this seems too difficult, try doing without meat throughout Lent and without any animal products (milk, eggs, cheese) on Wednesdays and Fridays.

Simplify. Spend less time texting and talking on the phone, shopping, or watching TV and more quiet times with family and friends. This reminds us of what's *really* important and how precious life and loved ones are.

Give to charity. Almsgiving is an important Christian discipline, especially important during this season of self-giving. Set aside money daily or weekly for charitable causes. Use a special box or container just for that purpose.

And last but not least..... **PRAY!**

How to Use This Calendar

1. Every day there is a suggested prayer activity.
2. Pray it!
3. Check the box each time you complete the prayer activity or reflection. Hopefully it will be a habit that continues throughout the year.



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