

Lent, 2024

February, March

HUNGER
for **MORE**
Isaiah 58 Ministries

passion PEACE Grace love
EMPATHY Diversity UNITY
HOPE JUSTICE JOY CONNECTION
understanding COMPASSION knowledge

Hunger for More is a campaign that encourages individuals to look within themselves to find the desire to hunger for more wholeness in their lives. During this time when conflict and division seem to be at an all-time high, when acts of violence and abuse are evident throughout our communities, our country, and our world, and when our sense of unity feels non-existent, we must be intentional about striving for a better future.

Our Lenten focus this year calls for re-centering our spirits and our actions as we look at some of the many things we hunger for in our lives.

In a world that often seems callous and uncaring, we hope this calendar will encourage you to reconnect with the beauty and bounty of God's world and find ways to center yourselves on the holy work of creating a better tomorrow.

We encourage you to journal this Lenten season, using this daily calendar as a guide.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Join us as we journey through Lent and Hunger for More.</i></p>			<p>Feb. 14 Ash Wednesday Happy Valentines Day! Hunger for More... PURPOSE What do you want to explore more deeply about yourself?</p>	<p>15 When you get up in the morning to start your day, how do you feel? Are you looking forward to the day ahead? Are you dreading it? Why?</p>	<p>16 What do you enjoy doing? What nourishes your spirit—your soul?</p>	<p>17 Of all the things you've done in your life, what has given you the deepest sense of fulfillment? When have you been most proud of yourself?</p>
<p>18 Hunger for More... CONNECTION This week, seek to connect more fully with yourself and others.</p>	<p>19 When you wake up in the morning, how do you feel in your body? Did you sleep well? What is your energy level?</p>	<p>20 How do you feed your body, both with food and exercise? Are there changes you would like to make to improve your health?</p>	<p>21 With whom and what kinds of people do you work with on a daily basis? Do you enjoy your interactions?</p>	<p>22 What are your friendships like? How prominently do your friends figure into your everyday life?</p>	<p>23 What are your interactions like with friends and coworkers? Are they superficial or more intimate?</p>	<p>24 What needs are met by your friendships? How do you meet your friends' needs?</p>
<p>25 Hunger for More... COMMUNITY This week, seek to know your community more fully.</p>	<p>26 Describe your community.</p>	<p>27 How do you engage with your community? In what ways do you fit in?</p>	<p>28 How are you nourished and/or supported by your community?</p>	<p>29 Do your interactions with your community feed your soul? In what ways?</p>	<p>Mar. 1 How does your community challenge you? Look at both the positives and negatives of these challenges.</p>	<p>2 What influence do you have in your community? What values do you bring to the world?</p>

Lent, 2024 - March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>March 3</i> Hunger for More... COMPASSION This week, seek ways to practice compassion .</p>	<p>4 Compassion begins at home. Be kind to yourself, forgiving mistakes you've made, finding the good within yourself, and taking time for renewal.</p>	<p>5 When you wake up this morning, ask yourself, "How am I going to show up today?" With every interaction you have a choice on how you will respond. Choose compassion.</p>	<p>6 Love is about letting go and giving others the freedom to just be-accepting them exactly the way they are. How will you "be" in this world?</p>	<p>7 Remember, sometimes it's not so much what you say, but how you say it. How are you nurturing compassion with yourself and others?</p>	<p>8 Recognizing our commonalities with others improves our relationships. Practice saying, "Just like me, this person is..." What do you have in common with your friends, neighbors, etc.?</p>	<p>9 At the end of your day, reflect on your interactions with others. How have you been compassionate? In what ways can you improve your compassion towards others?</p>
<p>10 Hunger for More... UNITY This week seek ways to unite with others in your community.</p>	<p>11 The sight of people from different races and countries, on the street or on television, is our cue to practice unity. How can you be united with people who are different from you?</p>	<p>12 Unity is developed when we work to get to know others who are different from ourselves. What are you doing to diversify your circle of friends?</p>	<p>13 Kindness connects us to others and creates lasting bonds. How can you practice kindness in your life? Do you feel connected to others when you are kind?</p>	<p>14 Give the benefit of the doubt to those you meet. You don't know a person until you've walked in their shoes. How have you caused division by passing judgement on others?</p>	<p>15 We all have bad days where we struggle or are disappointed. Be intentional about finding the positive in every situation, even those that challenge and hurt us.</p>	<p>16 One of the greatest gifts you can impart on another is wisdom. Don't be afraid to share your wisdom with others, but be mindful of when it is better to be silent and listen.</p>
<p>17 Hunger for More... LOVE This week expand your heart and share it with others.</p>	<p>18 In order to love others we must first love ourselves. How are you nurturing your spirit with love towards yourself?</p>	<p>19 It is important to nurture our relationships with others. How are you seeking to share your love with others?</p>	<p>20 Love is not only for those close to us. Love can be shared throughout our lives. Commit a random act of kindness towards a stranger. Practice love!</p>	<p>21 Love manifests itself in many ways. Open your eyes to the love around you. Where did you find love today?</p>	<p>22 Sometimes severed relationship are healthy, and sometimes painful. Where would you like reconciliation? Take the first steps to heal the relationship.</p>	<p>23 As people get older, they often feel isolated and alone. How can you be more intentional about reaching out in love to those who are alone?</p>
<p>24 Hunger for More... HOPE This week share the message of hope with others.</p>	<p>25 Hope is the little voice you hear whisper "maybe" when it seems the entire world is shouting "NO!" Trust the "maybe"</p>	<p>26 Hope can be found in the midst of everyday experiences. Where did you experience hope in your life today?</p>	<p>27 Make a point to be a better listener today. Find hope in the stories others share with you.</p>	<p>28 Create a vision board. Fill it with your hopes and dreams for a better world—a better future.</p>	<p>29 Hope sees the invisible, Feels the intangible, and achieves the impossible. Share your vision of a better world with a friend.</p>	<p>30 Visit with strangers in a hospital, nursing home, or with someone who is confined at home. BE their hope—be their light in the darkness.</p>

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Happy EASTER!
Always Hunger for More!

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