

Lent, 2025

March

HUNGER
for MORE

Isaiah 58 Ministries

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Hunger for More is our annual campaign that encourages self-reflection and the pursuit of greater wholeness in life. In a time when conflict and division appear more prevalent than ever, when acts of abuse and bullying affect our communities and nation, and when our sense of unity feels fractured, this campaign offers a meaningful opportunity to practice mindfulness and seek deeper connections.</i></p> <p><i>In a world that can often feel indifferent and uncaring, we hope this initiative inspires you to rediscover the beauty and abundance of God's creation. Let it serve as a reminder to hunger for more goodness, kindness, and purpose in your daily life.</i></p> <p><i>Join us this Lent as we embark on a journey of renewal and growth—a journey to Hunger for More.</i></p>			<p>5 Ash Wednesday! Hunger for More...</p> <p>FORGIVENESS This week, reflect on the pain you carry with you from times you have been wronged. It's time to let it go!</p>	<p>6 Today spend time in prayer, asking God to release the pain and hurt caused by another. Open your heart to the possibility of forgiving them.</p>	<p>7 Write down the benefits of what forgiveness offers to you—physically—emotionally—spiritually. Work from that center to heal yourself and forgive others.</p>	<p>8 Reconciliation is possible. Take the step to reach out to someone in need of forgiveness. Begin the healing process with a note, or coffee and conversation.</p>
<p>9 Hunger for More...</p> <p>COMPASSION This week, seek ways to understand and offer compassion to those around you who might be struggling.</p>	<p>10 Offer a word of encouragement or a gesture of kindness to those around you. Understand that everyone is going through something.</p>	<p>11 Actively listen to someone who is going through a difficult time. You don't need to solve their problem, you only need to show that you care.</p>	<p>12 Donate items you no longer use to someone who needs them, or to an organization that serves the community.</p>	<p>13 Use your voice to advocate for the rights of those who are being mistreated or ignored.</p>	<p>14 You too deserve compassion. Today make an extra effort to treat yourself with kindness and understanding.</p>	<p>15 Spring is coming. Is your elderly neighbor in need of help with yard work because of their health? Can you help them ready their yard for spring?</p>
<p>16 Hunger for More...</p> <p>GRACE Practicing grace with ourselves and others is a radical act. This week work to offer grace to yourself and others.</p>	<p>17 Was someone rude to you at the grocery store? They might be going through something difficult. Offer grace and a smile to them instead of anger.</p>	<p>18 Sometimes our schedules become so full, we forget an appointment or meeting. Offer an apology and then offer yourself some grace.</p>	<p>19 When someone wrongs us, it is easy to hold onto grudges. But grace allows us to release those grudges and free our spirits to love others openly.</p>	<p>20 Do you see someone in need? Offer them the grace of being fully present for them, without judgement or pressure. Just. Be. Present.</p>	<p>21 The people around us are doing the best they can. It may not be what we expect, but it is what they are able to do. Accept it graciously and with a heart of understanding.</p>	<p>22 Sometimes we just need a break from our responsibilities. Offer grace to yourself and others for work left undone and know the work will always be there when you are ready to tackle it.</p>
<p>23 Hunger for More...</p> <p>KINDNESS Reflect on ways you will connect with others this week. How will you act with kindness?</p>	<p>24 Invite someone to go ahead of you in line at the grocery store - even if they have a full cart.</p>	<p>25 Arrange to have flowers delivered to someone at a nursing home who doesn't get visitors.</p>	<p>26 Set reminders on your phone and then randomly text people throughout the day with messages of gratitude and joy.</p>	<p>27 Make bookmarks and put them in books at the library or local book store.</p>	<p>28 Tape \$1.00 bills to vending machines with notes for the recipients.</p>	<p>29 Let someone go in front of you . . . ALL DAY!</p>

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April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 30 Hunger for More... CONNECTION Reflect on ways you will intentionally connect with others this week.	31 Engage in conversation with the first 5 people you meet today. Offer them words of kindness to start their day.	April 1 Put a substantial (to your ability) tip in the tip jar at the coffee shop.	2 Write a message of thanks or affirmation on a window or mirror with a dry erase marker.	3 Know parents who could use a night out? Offer to babysit their children for free. Give them a gift card to help pay for dinner.	4 Write a list of things you love about your friend or partner. Give it to them.	5 Invite friends over for dinner and a night of board games.
6 Hunger for More... HOPE <i>We must accept finite disappointment, but never lose infinite hope.</i> MLK Jr.	7 Look for signs of new life in your garden and neighborhood. Spring is God's way of offering hope and promise to us in the midst of our busy lives.	8 You may be the only sign of hope for someone else who is going through a difficult time. Be the hope for those whose light has dimmed.	9 In times of struggle, it may seem easy to lose hope. But hope is there to remind us that we will get through the hard times, and hope will fill our hearts with joy.	10 Send a card to someone who is hurting. Let them know you care and be that sign of hope for them.	11 Help someone with their yard work. Plant seeds of hope (and some flowers) for an elderly neighbor.	12 The return of songbirds in the spring is a sign of hope. Take a break from your responsibilities to sit outside and enjoy their music.
13 Hunger for More... JOY Reflect on ways you will intentionally look for joy this week. And find ways you will bring joy to others.	14 Buy several 100 Grand candy bars. Take them to the bank and "make a deposit" by giving them to the tellers. Be a moment of unexpected joy for them.	15 Go to a nursing home and play board games with the residents. Laugh with them. Be their joy for the day. Allow their company to bring you joy.	16 Give compliments to others throughout the day that have nothing to do with their appearance.	17 Write someone a joyful letter letting them know how important they are to you. Mail it to them.	18 Walk dogs at the animal shelter or offer to play and cuddle with them. This will bring joy to both you and them.	19 Make an Easter basket for a child in your neighborhood. Anonymously leave it on their doorstep.

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 Happy Resurrection Sunday!

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