

Lent, 2026 February-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
<i>Hunger for More is our annual campaign that encourages self-reflection and the pursuit of greater wholeness in life. It provides a daily practice of Passion, Knowledge, Clarity, Purpose, Empathy and Hope.</i> <i>This season, we move intentionally from places of division toward deeper unity—within ourselves, our communities and our world.</i> <i>In a world that can often feel indifferent and uncaring, we hope this initiative inspires you to rediscover the beauty and abundance that comes from building beloved community. Let it serve as a reminder to hunger for more goodness, kindness, and purpose in your daily life.</i> <i>Join us this Lent as we embark on a journey of renewal and growth—a journey to Hunger for More.</i>			18 Ash Wednesday! Hunger for More... PASSION <i>Begin with Intention</i> Light a candle. Name one injustice that breaks your heart. Pray for courage to stay engaged, not numb.	19 <i>Listen with your Heart</i> Have a conversation with someone whose life experience is different from yours. Listen without correcting.	20 <i>Show Up</i> Write an encouraging note or text to someone doing hard, holy work in the world.	21 <i>Feed the Fire</i> Read a news story about people working for peace or justice. Share it to amplify hope.
22 Hunger for More... KNOWLEDGE <i>Learning vs assuming Understanding vs reacting</i> Pray for Wisdom, asking God to shape your mind as much as your heart.	23 <i>Seek Truth</i> Read one article from a credible source about an issue you don't fully understand.	24 <i>Ask Better Questions</i> Instead of forming an opinion, ask "What am I missing?"	25 <i>Learn a Name</i> Research one community or group affected by current events. Learn their story.	26 <i>Challenge a Bias</i> Notice a stereotype that surfaces in your thinking. Gently interrogate it.	27 <i>Share Knowledge, Not Heat</i> In a conversation with another, offer credible information rather than personal opinion.	28 <i>Teach a Child</i> Talk with a young person about kindness, justice, or inclusion.
Mar 1 Hunger for More... CLARITY <i>Seeing more clearly where we stand, what we value, and how we are called to live</i> Pray for Vision. Ask God to help you see neighbors, not labels.	2 <i>Unclutter</i> Turn off the news for the day. Notice what rises in your thoughts and in your heart within the quiet.	3 <i>Name What Matters</i> Write down your top three values. Do your actions match these values?	4 <i>Check Your Language</i> Notice words that divide or dehumanize. Choose gentler ones and make them part of your everyday vocabulary.	5 <i>Examine Motives</i> Before reacting to any given situation, ask: "Am I trying to be right, or am I trying to be loving?"	6 <i>Simplify</i> Give away something you don't need to someone who does need it.	7 <i>See the Person</i> Make eye contact, smile, and greet someone you might normally pass by.
8 Hunger for More... PURPOSE <i>Living on purpose in a world that often feels chaotic</i> Ask God to show you where your gifts meet the world's needs.	9 <i>Remember Your Why</i> Why do you care? Why do you serve? Write it down. Find ways to remind yourself of your "why"	10 <i>Act Locally</i> Support a local organization, ministry, or mutual aid effort.	11 <i>Use Your Voice</i> Send an email or make a call advocating for those who are unheard within your community.	12 <i>Build, Don't Tear Down</i> Encourage someone instead of criticizing them.	13 <i>Give Generously</i> Make a financial gift, however small, to a cause working toward unity or justice.	14 <i>Serve with Intention</i> Volunteer, or offer help to a neighbor without being asked.

Lent, 2025

March-April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mar 15 Hunger for More ... EMPATHY <i>Choosing to feel with, not just for, one another.</i> Pray for Soft Hearts. Ask God to widen your capacity to love.	16 <i>Imagine Their Story</i> When you feel annoyed by someone, pause and wonder what their day has been like.	17 <i>Practice Compassion</i> Do one small, quiet act of kindness today. How does that make you feel? Put yourself in the shoes of the recipient.	18 <i>Hold Space</i> Let someone vent without fixing them. Be present, receive their frustrations, and then release them to the universe.	19 <i>Cross a Line</i> Sit with, talk to, or acknowledge someone outside your usual circle.	20 <i>Grieve What Hurts</i> Light a candle for victims of violence, injustice, or disaster.	21 <i>Speak with Care</i> Before commenting online, ask: "Is this true? Is it kind? Is it necessary?"
22 Hunger for More... HOPE <i>Choosing to believe in what can be, even when the world feels heavy.</i> Resurrection Practice Do something that brings life where there has been heaviness.	23 <i>Name the Good</i> Write down three signs of hope you've seen recently. How can you share that hope with others?	24 <i>Be the Light</i> Brighten someone's day intentionally. Any act, large or small, is appreciated by the recipient.	25 <i>Speak Hope</i> Tell someone you believe in them. Find a way to show it.	26 <i>Dream Forward</i> Imagine what a more just, united community could look like. Pray toward it. Take steps to make it a reality.	27 <i>Stand in Solidarity</i> Show public support for peace, justice and inclusion. What does that look like?	28 <i>Rest in Promise</i> Take a Sabbath moment. Trust that God is at work in the moment...in every moment.
29 Hunger for More... Walking Together Pray for guidance through this week, living each day intentionally, aware of your surroundings, and always seeking hope.	30 <i>Serve</i> Offer practical help to someone in need.	31 <i>Reconcile</i> Reach out to mend a strained relationship. Know that strong relationships go thru ups and downs. Be present, always.	April 1 <i>Thanks</i> Thank someone who has helped you along the way. Appreciate their efforts to make your life better.	2 <i>Love Extravagantly (Maundy Thursday)</i> Practice radical hospitality.	3 <i>Stay Present (Good Friday)</i> Sit with the pain of the world without turning away.	4 <i>Wait in Trust (Holy Saturday)</i> Hold space for what is not yet healed.

5 Happy Resurrection Sunday!

Celebrate Hope
Rejoice in new life, new beginnings, and the power of love to unite.

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