

Lenten Challenge

A Sacrificial Challenge to walk **at least** one mile a day for the 40 days of Lent between Feb 14, 2024–Mar 24, 2024

Day	Date	Distance	Day	Date	Distance
1	Feb 14 <i>Ash Wednesday</i>		21	Mar 5	
2	Feb 15		22	Mar 6	
3	Feb 16		23	Mar 7	
4	Feb 17		24	Mar 8	
5	Feb 18		25	Mar 9	
6	Feb 19		26	Mar 10	
7	Feb 20		27	Mar 11	
8	Feb 21		28	Mar 12	
9	Feb 22		29	Mar 13	
10	Feb 23		30	Mar 14	
11	Feb 24		31	Mar 15	
12	Feb 25		32	Mar 16	
13	Feb 26		33	Mar 17	
14	Feb 27		34	Mar 18	
15	Feb 28		35	Mar 19	
16	Feb 29		36	Mar 20	
17	Mar 1		37	Mar 21	
18	Mar 2		38	Mar 22	
19	Mar 3		39	Mar 23	
20	Mar 4		40	Mar 24 <i>Palm Sunday</i>	

Mar 25
Mar 26

Mar 27
Mar 28 *Maundy Thursday*
Mar 29 *Good Friday*
Mar 30

Mar 31 *Easter Sunday*
Your Challenge rules:
Holy Week

- Read a Lenten Scripture and pray before you begin your walk.
- Be intentional to complete your mile walk at one time (don't break it up) - Choose to walk a track, a parcourse, your neighborhood, the church grounds (you decide!) - Keep track by recording your distance on the chart.
- Walk at your own pace (it's not a contest)
- Use a buddy for motivation and accountability if needed.

*** Remember, this is YOUR personal sacrifice ***

Supported by the Men's Ministry and Women's Ministry of First Baptist Church