

# Lent 2021: “Behold, I make all things new!” -Jesus, Revelation 21.5

This Lent we are combining a “Read or Listen” through the New Testament to raise our awareness and response to people in our community suffering with mental illness. While the scripture readings are listed below, you can also “hear” these readings each day (Google “You’ve Got the Time” by Bible Society) and hear this scripture in 30 minutes each day. Or read aloud, to yourself or another—even over the phone! The sound of God’s Word has power to bring new life and hope! Since we aren’t gathering in person, rather than “filling a bank” this Lent, you are invited to keep a running daily total and present that amount as your Lenten Offering. Your Lenten Offering will go to directly assist in a mental health project with our ministry partners at Centerstone.

Day	Read or Hear	Prayer and Giving Focus	My Offering
1. 2/17	Matthew 1-7	1 in 5 persons in the US experience a mental illness. Pray for and give \$1 for each friend or relative you know that suffers with a mental illness.	
2. 2/18	Matthew 8-12	Half of all lifetime mental health conditions begin by age 14. Pray for newly diagnosed children and their families. Give \$1.40	
3. 2/19	Matthew 13-18	75% of all lifetime mental health issues have developed by age 24. Pray for those who are diagnosed during college. Give \$.75 for each year of college you completed.	
4. 2/20	Matthew 19-24	1 in 25 U.S. adults experience a mental illness in a given year. Pray for all who are struggling now. Give \$1.25.	
5. 2/22	Matthew 25-28	Matthew’s gospel records the deep terror of Jesus in the Garden of Gethsemane. Pray for all who are living in fear. Give as your heart leads.	
6. 2/23	Mark 1-6	1 in 6 youth experience a mental health condition. Pray for all young people experiencing mental illness. Give \$1.60.	
7. 2/24	Mark 7-11	80% of Americans have experienced emotional abuse. Pray for all who act unkind to others out of fear. Give \$.80.	
8. 2/25	Mark 12-16	Quality nutrition is linked to improved mental health. Pray for those without access to good nutrition. Give \$1 for each meal eaten today.	
9. 2/26	Luke 1-4	Jesus’ entry into the world reminds us of God’s desire to be with us, sharing our joys and sadness, and teaching us love. Pray for those who show God’s love to others. Give \$1 for each angel in Luke 1-4.	
10. 2/27	Luke 5-9	Luke 8 records the story of the Gergesene man. Imagine the isolation he felt—and the joy of recovery. Pray that those who feel such isolation today might also experience the joy of healing. Give \$.80.	
11. 3/1	Luke 10-13	The two most common serious mental illnesses, bipolar disorder and schizophrenia, impair the sufferer’s sense of self, making it difficult to persuade the sufferer that the medications are indeed necessary. Pray for all who suffer with these conditions. Give \$.25 for each medication you take daily.	
12. 3/2	Luke 14-19	Quality sleep improves mental health. Pray for restful sleep for all God’s children. Give \$.25 for each hour of sleep you experienced last night.	
13. 3/3	Luke 20-24	Luke 24 tells of Peter jumping to his feet to run to the empty tomb. Exercise is critical for good mental health. Pray for those who are not motivated to exercise. Give \$1 for each exercise session this week.	
14. 3/4	John 1-5	“In the beginning”... John’s Gospel starts. Many mental health challenges are difficult to diagnose in the beginning. Pray for those who are looking for answers and in crisis. Give \$1 for each time the words “in the beginning” appear in the Bible.	
15. 3/5	John 6-9	People questioned Jesus’ mental health—like when he wanted to feed 1,000s of people with 5 loaves and 2 fish. Pray for all who need a miracle of healing. Give \$1 for each time you eat fish this week.	
16. 3/6	John 10-14	In John 10, Jesus lifts up the Good Shepherd’s care, and we confess that we have neglected to care deeply for those who suffer with mental illness. Pray for those we have neglected. Give \$1.	
17. 3/8	John 15-19	56% of U.S. adults with mental illness have not received treatment. Pray for all who have not received help. Give \$.56 for each trip you make to the doctor this month.	
18. 3/9	John 20-Acts 4	There are 8.4 million people in the U.S. that provide care to an adult with mental or emotional issues. Pray for all caregivers of those with mental illness. Give \$.84.	

Day	Read or Hear	Prayer and Giving Focus	My Offering
19. 3/10	Acts 5-9	Inability to access treatment is generally the most urgent issue for anyone experiencing mental illness. Pray for the organizations who respond to these issues. Give \$1.50.	
20. 3/11	Acts 10-15	9.5 million adults in the U.S. with mental illness also experienced substance use disorder. Pray for those facing addictions. Give \$.95 in honor of each person you know with an addiction.	
21. 3/12	Acts 16-20	Sunlight is a great source of Vitamin D, which helps our brain release chemicals to improve our mood. Pray for creation. Give \$.25 for each time you enjoy the sunshine this week.	
22. 3/13	Acts 21-26	Suicide is the 10th leading cause of death in the U.S. Pray for all those who experience suicidal ideation. Give as your heart leads.	
23. 3/15	Acts 27-Rom. 4	Mental illness among people who are incarcerated is also far higher than in the general population. Pray for those in prison. Give \$.23.	
24. 3/16	Romans 5-10	Romans 8 reminds us the Spirit intercedes for us when words fail us. Pray for those who cannot find the words when they are suffering. Give \$.10 for every time you read the word "Spirit" in Romans 8.	
25. 3/17	Rom. 11-1Cor. 1	There is evidence that yoga reduces stress, anxiety, and PTSD. Pray for those suffering from any of those issues. Take time to stretch and give \$1 for each time you do so.	
26. 3/18	1Cor. 2-9	The most common mental illnesses in the U.S. are anxiety disorders, affecting 18.1% of the population. Take a deep breath and pray for those with anxiety disorders. Give \$.18.	
27. 3/19	1Cor. 10-15	1 Corinthians 12 says that when one member of the Body of Christ suffers, all suffer together with it. Pray for healing for all who suffer with mental illness. Give \$1.12.	
28. 3/20	1Cor. 16-2Cor. 9	Mindfulness, meditation, and relaxation exercises help improve your state of mind and outlook on life. Pray for those who seek peace. Give \$.28 for each time this week you take a moment of silence with no distractions.	
29. 3/22	2Cor. 10-Gal. 4	The rate of mental illness among people who are chronically homeless is markedly higher than among the general population. Pray for those who are homeless. Give \$1 for every organization you know that specifically assists those who experience homelessness.	
30. 3/23	Gal. 5-Phil. 1	In Galatians 5, Paul says the fruits of the Spirit are "love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control." Pray for help in living by the Spirit. Give as the Spirit leads.	
31. 3/24	Phil. 2-1Thes. 2	Mental illness can affect social functioning, meaning it is difficult to develop and sustain a social network. Pray for those who struggle to stay connected with others. Give \$.25 for every way you connect with someone today.	
32. 3/25	1Thes. 3-1Tim. 5	Paul reminds us in 1 Timothy that Jesus Christ extends mercy to us all. Pray for those who struggle to give grace and mercy to themselves. Give \$1.	
33. 3/26	1Tim. 6-Heb. 1	Adding something "fun" to your day breaks up the monotony and gives you something to look forward to. Pray for those struggling with negative thoughts. Give \$.40 for every fun thing you do today!	
34. 3/27	Hebrews 2-10	Almost half of the people who complete suicide have a diagnosed mental health condition. Pray for those who have a diagnosis. Give \$.50 for each person you know who died by suicide.	
35. 3/29	Heb. 11-James 5	Hebrews 12 tells us to "run with perseverance the race that is set before us." Pray for those who grow tired and weary. Give \$.12 for every person you see running outside.	
36. 3/30	1Peter 1-1John 1	The church can be a powerful and welcoming place for people who are in recovery and experiencing healing, as they return to tell their stories of hope. Pray for those who are searching for a faith community. Give \$.75.	
37. 3/31	1John 2-Jude	One in every eight visits to the U.S. emergency departments are related to mental and substance-use disorders. Pray for all emergency responders. Give \$.15 for every First Responder you know.	
38. 4/1	Rev. 1-7	Talking to a therapist is a great tool for processing and working through issues that may come up. Pray for all therapists, psychologists, and psychiatrists. Give \$.38 for each you know.	
39. 4/2	Rev. 8-15	The delay between the onset of mental illness symptoms and treatment is 11 years. Pray for those who are not receiving help for their mental illness. Give \$1.21 (\$.11 x 11 years)	
40. 4/3	Rev. 16-22	Revelation 21 says that Christ is making everything new. Pray for those who need something new in their life. Give \$.40 on the last day of Lent.	