

Scripture and Mindfulness Calendar

February 2021

1. Drink 80 ounces of water today.
2. Spend 10 minutes in silence.
3. Pray today for those who are lonely.
4. Do something that always make you smile.
5. Watch an uplifting movie tonight.
6. Put your phone away for at least 2 hours.
7. Research and try a new breathing exercise.
8. Mail a Valentine Card to a loved one in another state.
9. Read for 15 minutes.
10. Pray for your co-workers/classmates.
11. Make a list of 10 things you love.
12. Make a list of 10 people you love (and let them know!)
13. Research a president you don't know much about.
14. Celebrate Mardi Gras by making/eating King Cake!
15. Attend an Ash Wednesday service (zoom, drive-through, or in-person!)
16. Try a new yoga pose.
17. Pray for the staff of your church.
18. Color/trace a labyrinth.
19. Make something for someone else.
20. Go for a walk.
21. Listen to a meditation today.
22. Collect a bag of items you no longer use and donate them.
23. Read a Psalm today.
24. Drink something fizzy and pay attention to the way it feels.
25. Do something kind for someone else without anyone knowing it was you.
26. Listen to a new podcast on a topic you are interested in.
27. Drive down a road you've never driven down.
28. Pray for the kids, teens, and staff at Methodist Family Health.

Scripture Theme:

LOVE

1. 1 Corinthians 13:4-8
2. John 3:16
3. Colossians 3:14
4. John 13:34-35
5. Romans 12:9-10
6. Luke 6:35
7. 1 John 3:18
8. Galatians 2:20
9. 1 John 4:8
10. 1 Corinthians 13:13
11. Proverbs 10:12
12. John 15:13
13. 1 Peter 4:8
14. 1 Corinthians 16:14
15. Mark 12:29-31
16. Romans 5:8
17. Galatians 5:22
18. Proverbs 17:17
19. 1 John 4:18-20
20. Romans 13:10
21. Zephaniah 3:17
22. Ephesians 4:2
23. Proverbs 3:3-4
24. John 14:15
25. Romans 13:18
26. Psalm 86:15
27. Jeremiah 31:3
28. 1 John 4:7