



Find a journal you like, or create one by decorating a small notebook. Each day during Lent, write about the best and worst moments of your day. If possible, note where you saw God in those moments. Over time, notice how you become more aware of God's presence each day.

You might also record your thoughts and feelings about the Lenten Calendar practice for each day. What challenged you? What surprised you? What did you discover about yourself about God? What questions do you have for God?

Let your [journal become a friend](#). Anytime you're feeling down, read through your journal entries. You might be amazed to see how God is at work in your life.