



## 40 IDEAS FOR LENT... FOR EACH DAY IN LENT



**Day 1:** Meditate on this question: When you wake up on Easter Sunday morning, how will you be different and how will you be prepared to truly celebrate the resurrection of Jesus? Now make a plan for how you will make the most of Lent.

**Day 2:** Drink no soda pop today

**Day 3:** Don't turn on your car radio.

**Day 4:** Give \$20 to a non-profit of your choosing.

*(Sunday)*

**Day 5:** Take 5 minutes to be silent at noon.

**Day 6:** Look out the window until you find something of beauty you had not noticed before

**Day 7:** Give 5 items of clothing away (or set them aside for the fall Rummage Sale) or donate 5 Christmas, Easter, or other holiday décor items to the church.

**Day 8:** No complaining and no gossiping day

**Day 9:** Do someone else's chore or do something for someone else

**Day 10:** Find a non-perishable food item to bring to church tomorrow for donation to the food pantry.

*(Sunday)*

**Day 11:** Call an old friend or call someone you haven't seen in church in a while

**Day 12:** Pray the newspaper (pray for people and situations in today's news)

**Day 13:** Read Psalm 139

**Day 14:** Pay a few sincere compliments

**Day 15:** Go vegetarian today (do not eat meat)

**Day 16:** Educate yourself about human slavery [www.ijm.org](http://www.ijm.org).

*(Sunday)*

**Day 17:** Forgive someone

**Day 18:** Check out Freecycle [www.freecycle.org](http://www.freecycle.org)

**Day 19:** Tell someone what you are grateful for

**Day 20:** Introduce yourself to a neighbor

**Day 21:** Check out daily prayer at <https://www.crosswalk.com/devotionals/your-daily-prayer/>

**Day 22:** Read Psalm 121

*(Sunday)*

**Day 23:** Write a thank you note to someone

**Day 24:** No shopping day

**Day 25:** Light a candle and pray (but don't walk away and leave the candle unattended)

**Day 26:** Commit to memorizing Galatians 5:22-23.

**Day 27:** Choose one fruit of the spirit (Galatians 5:22-23) to practice all day today

**Day 28:** No sugar day – where is the sweetness in your life?

*(Sunday)*

**Day 29:** Invest in reusable shopping bags if you don't already have them; commit to using them every time you shop, if you have them.

**Day 30:** No TV Day

**Day 31:** Read John 8:1-11 – what sin will you now quit doing?

**Day 32:** Focus on treating your body as a temple of God today

**Day 33:** Find something in your house to give away and give it away (or set it aside for the Rummage sale)!

**Day 34:** Invite someone to come to church with you tomorrow

*(Sunday)*

**Day 35:** Give \$20 to your church

**Day 36:** Pray for peace

**Day 37:** No social media today

**Day 38:** Make giving thanks in all circumstances your priority today

**Day 39:** Contact a shut-in, either by visiting them, calling them, or writing a note

**Day 40:** Read and meditate upon Psalm 23

