

40 Ideas for Keeping a Holy Lent

The season of Lent is an opportunity to focus on reshaping your life to better fit how God is calling you to live. It is a season of repentance, of reflection, of relinquishing what gets in the way of living as a Jesus-follower. One ancient practice for observing Lent is adopting a new spiritual discipline, like fasting or daily prayer, or choosing to abstain from something, like eating meat. Here are 40 simple ideas to help you live into the spirit of Lent, to help keep you aware of God’s presence and God’s people throughout the world.

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| Day 1: (Ash Wednesday) Pray for your enemies | Day 21: Ask for help |
| Day 2: Walk, carpool, bike or bus it. | Day 22: Tell someone what you are grateful for |
| Day 3: Don’t turn on the car radio | (Sunday) |
| Day 4: Give \$20 to a non-profit of your choosing | Day 23: Introduce yourself to a neighbor |
| (Sunday: Sundays are not included in the 40 days of Lent, because every Sunday is a mini-celebration of Easter) | Day 24: Read Psalm 121 (find it here: http://bible.oremus.org) |
| Day 5: Take 5 minutes of silence at noon | Day 25: Bake a cake |
| Day 6: Look out the window until you find something of beauty you had not noticed before | Day 26: Learn about the work of Lutheran World Relief (http://lwr.org/) |
| Day 7: Give 5 items of clothing to Goodwill | Day 27: No shopping day |
| Day 8: No whining day | Day 28: Light a candle |
| Day 9: Do someone else’s chore | (Sunday) |
| Day 10: Buy a few \$5 fast food gift cards to give to homeless people you encounter | Day 29: Check out morning and evening prayer (find it here: http://dailyoffice.wordpress.com) |
| (Sunday) | Day 30: Invest in canvas shopping bags |
| Day 11: Call an old friend | Day 31: Write a thank-you note to your favorite teacher |
| Day 12: Pray the News (pray for people and situations in today’s news) | Day 32: Start a micro-loan (check out: http://www.kiva.org/) |
| Day 13: Read Psalm 139 (find it here: http://bible.oremus.org) | Day 33: Read John 8:1-11 (find it here: http://bible.oremus.org) |
| Day 14: Pay a few sincere compliments | Day 34: Visit a friend’s mosque, synagogue or church and look for the beauty |
| Day 15: Bring your own mug | (Sunday) |
| Day 16: Educate yourself about human trafficking (check out: http://www.unodc.org/unodc/en/human-trafficking/what-is-human-trafficking.html) | Day 35: Find out the latest on the ebola crisis in West Africa (http://www.doctorswithoutborders.org/our-work/medical-issues/ebola) |
| (Sunday) | Day 36: No sugar day – where else is there sweetness in your life? |
| Day 17: Forgive someone | Day 37: Confess a secret |
| Day 18: Internet Sabbath (take a break from the internet) | Day 38: Pray for peace |
| Day 19: Change one light in your house to a compact florescent | Day 39: Educate yourself about a saint (www.catholic.org/saints) |
| Day 20: Donate art supplies for Sam’s Art Cart at Legacy Hospital- Salmon Creek. Ask Diana Webber or Jeanne Al-Ghamdi for more info. | Day 40: Pray for your enemies (you probably have new ones by now) then decide which of these exercises you’ll keep for good |