

40 Daily Ideas For 40 Days of Lent

Lent is the 40 days before Easter. Traditionally, people give up something of importance or add a new activity to focus more and rely more on Jesus. If you are struggling to find your Lent sacrifice or addition, listed below are 40 ideas to try – one for each day. Remember the 40 days of Lent do not include Sundays!

✓ Ideas

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| | Smile at strangers when out for a walk. |
| | Make a list and talk to your family about what you are grateful for. |
| | Be kind to yourself- tell yourself 10 things that you love about you. |
| | Choose a longer walk home and notice the things that are in your path |
| | Skip Starbucks, Tim Hortons (or whatever your dessert fav is) and give the money to a charity or the church. |
| | Volunteer at your church – maybe help out at Storytime or Church School Online. |
| | Take your neighbor's trash bins up from the curb. |
| | Take a 24-hour break from technology on the weekend. |
| | Spend no money today. |
| | Read to a child, family member or yourself. |
| | Eat your lunch in silence for those who do not have a voice. |
| | Take your extras (clothes, stuff, etc.) to a local non-profit. |
| | Fast from sweets. |
| | Drink only water. |
| | Call someone who lives far away and take time to listen to how they are doing. |
| | Read the book of James. |
| | Be unpopular. Stand for something you believe in. |
| | Show love to a person over seventy. |
| | Teach someone how to do something you do well. |

✓ Ideas

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| | Go a day without wearing shoes (consider what it would be like if shoes weren't an option). |
| | Take a day away from social media. |
| | Take flowers or home baking to an unexpected neighbor. |
| | Give texting a rest. Call people if you need to talk to them. |
| | Make a handmade card for someone. |
| | Pay for someone behind you in the drive thru. |
| | Hold your tongue. Say nice and helpful things today. |
| | Read book of Matthew today. |
| | Turn off your cell phone...completely. Discover life. |
| | Close your ears to gossip. Redirect conversations today to life giving things. |
| | Read the book of Luke today. |
| | Pay attention in a boring class. Deliberately look around for things that interest you. |
| | Give someone a chance. Forgive and try to start again in a relationship. |
| | Say I'm sorry. |
| | Don't take offense today. Give people grace in piles. |
| | Wash the dishes, load, or empty the dishwasher for your parents. Because you love them. |
| | Be kind. Be a gentleman or a gentlewoman today. |
| | Commit. Say yes to something that is bigger than you. |
| | Stay in a conflict, push through to resolution. Trust God for help. |
| | Push the boundaries of social norms today by displaying your faith in action today. |