



40 FOR 40

40 IDEAS TO MAKE THE 40 DAYS OF LENT MORE MEANINGFUL

TRADITIONALLY, LENT IS A TIME OF REPENTANCE, PRAYER & ALMSGIVING. DURING LENT 2021, CONSIDER WAYS TO
“BE THE CHANGE; TRANSFORM THE WORLD”.

BELOW ARE IDEAS ON HOW YOU CAN LIVE OUT YOUR FAITH DURING THIS LENTEN SEASON.

1. Read/listen to the gospel story of the temptation of Jesus.
2. Give something away every day, a smile, a compliment, a helping hand.
3. Forgive someone who has hurt you.
4. Pray for a stranger: someone in the news, an ambulance passenger, a medical worker, etc.
5. Hld a complaining fast; try to refrain from whining and complaining.
6. Buy an extra to give away, perhaps your favorite snack.
7. Thank people who deserve it, your school janitor, the garbage collector, a cashier, etc.
8. Visit or meet a neighbor; bring them a plate of cookies or some flowers.
9. Remind yourself of God's presence by repeating, “God is near, God is here”.
10. Send an anonymous gift to someone who needs a pick-me-up.
11. Call on God to be with you when you are worried or scared.
12. Become involved in a church activity, event or cause.
13. Send a note of thanks or appreciation.
14. Donate to a food pantry.
15. Care for the world: pick up litter or plant a tree.
16. Catch up with a friend or family member you don't see very often.
17. Recall a blessing of the day.
18. Thank God for a “gift” of nature.
19. Collect change for a favorite charity.
20. Celebrate the good fortune of someone else.
21. Give an unexpected compliment.
22. In moments of silence (bus rides, car rides, brushing your teeth) thank God for something.
23. Give your place in line to someone behind you.
24. Enjoy a free family activity.
25. Do one specific thing to show your support of the Greatest Commandment; Love God, Love your neighbor.
26. Make a list of blessings and give thanks to God.
27. Think of a time you were worried, thank God for being with you.
28. Enjoy life.
29. Make peace on the playground.
30. Share a random act of kindness.
31. Allow a sibling to play with one of your favorite toys.
32. Read a Bible story.
33. Pass it on. Donate gently used toys, books and clothing to a charity or a family in need.
34. Learn something new about Jesus.
35. Make someone's day. Visit <http://daymakermovement.com>
36. Watch the rising or setting sun and give thanks for another ordinary day.
37. Make a list of what makes our church a special place.
38. Watch a movie about a Bible story.
39. Read Bible stories about Holy Week.
40. Send an Easter card to someone who is lonely or ill.

