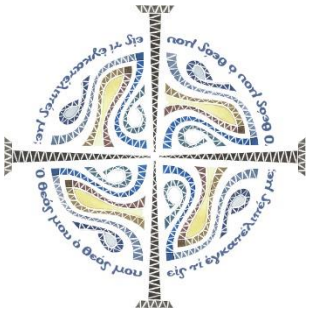




IDEAS FOR KEEPING A HOLY

LENT



SO YOU'VE BEEN LOOKING FOR WAYS TO KEEP LENT. Giving up chocolate or that latte doesn't do much for you. Well here are 40 ways you can keep a holy Lent, connect with the Divine and reflect on what God is calling you to be and do. Maybe, just maybe, you may find yourself continuing well past Lent. May you be blessed in your journey.

ASH WEDNESDAY WEEK

Day 1: Pray for someone you have a hard time liking.

Day 2: Do something that scares you.

Day 3: Spend a day without watching TV.

Day 4: Give at least \$10 to a good cause.

THE FIRST SUNDAY IN LENT:

Day 5: Take 5 minutes of silence during the day.

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

Day 7: Give items of clothing to charitable organizations.

Day 8: No Whining Day (*and no whining about not whining*).

Day 9: Perform a random act of kindness.

Day 10: Buy non-perishable foodstuffs and donate to a local food bank or shelter.

THE SECOND SUNDAY IN LENT:

Day 11: Call an old friend you have not spoken to in a long time.

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

Day 13: Read Psalm 139 (*any bible will do*).

Day 14: Pay a few sincere compliments.

Day 15: Fast for one or more meals today.

Day 16: Learn more about undocumented workers & refugees.

THE THIRD SUNDAY IN LENT:

Day 17: Forgive someone (*it might be hard but it's worth doing*).

Day 18: Learn about another faith tradition (Islam, Judaism etc.)

Day 19: Give a gift to a random stranger.

Day 20: Check out morning or evening prayer: <http://dailyoffice.wordpress.com>

Day 21: Pick up a pair of socks or warm gloves and donate to your church or local shelter.

Day 22: Share a blessing with someone.

THE FOURTH SUNDAY IN LENT:

Day 23: Introduce yourself to a neighbor or stranger.

Day 24: Read Psalm 121 (*try a different bible this time*).

Day 25: Bake or buy cupcakes or cookies and give them away.

Day 26: No shopping day (*credit cards need a rest too*).

Day 27: Light a candle and say a prayer.

Day 28: Say a prayer for a friend then let them know you prayed for them.

THE FIFTH SUNDAY IN LENT:

Day 29: Write a thank you note by hand.

Day 30: Invest in canvas shopping bags.

Day 31: Turn off all the lights except one.

Day 32: Donate art supplies to your local elementary school.

Day 33: Read John 8:1-11.

Day 34: Invite a friend to church or a church event.

THE SIXTH SUNDAY IN LENT: PALM SUNDAY

Day 35: Be vegetarian for a day.

Day 36: No sugar day – where else is there sweetness in your life?

Day 37: Volunteer.

Day 38: Learn about a saint.

Day 39: Pray for peace around the world.

Day 40: Pray for your enemies (*you probably have new ones by now*) then decide which of these exercises you'll keep for good.

Hope you had a wonderful journey with Jesus through Lent.