

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.

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 (Sunday: Sundays are not included in the 40 days of Lent, because every Sunday is a mini-celebration of Easter)	Day 23: Introduce yourself to a neighbor
Day 5: Take 5 minutes of silence at noon	Day 24: Read Psalm 121 (find it here: http://bible.oremus.org)
Day 6: Look out the window until you find something of beauty you had not noticed before	Day 25: Bake a cake
Day 7: Give 5 items of clothing to Goodwill	Day 26: Learn about the work of Lutheran World Relief (http://lwr.org/)
Day 8: No whining day	Day 27: No shopping day
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 (Sunday)	Day 29: Check out morning and evening prayer (find it here: http://dailyoffice.wordpress.com)
Day 11: Call an old friend	Day 30: Invest in canvas shopping bags
Day 12: Pray the News (pray for people and situations in today's news)	Day 31: Write a thank-you note to your favorite teacher
Day 13: Read Psalm 139 (find it here: http://bible.oremus.org)	Day 32: Start a micro-loan (check out: http://www.kiva.org/)
Day 14: Pay a few sincere compliments	Day 33: Read John 8:1-11 (find it here: http://bible.oremus.org)
Day 15: Bring your own mug	Day 34: Visit a friend's mosque, synagogue or church and look for the beauty (Sunday)
Day 16: Educate yourself about human trafficking (check out: http://www.unodc.org/unodc/en/human-trafficking/what-is-human-trafficking.html) (Sunday)	Day 35: Find out the latest on the ebola crisis in West Africa (http://www.doctorswithoutborders.org/our-work/medical-issues/ebola)
Day 17: Forgive someone	Day 36: No sugar day – where else is there sweetness in your life?
Day 18: Internet Sabbath (take a break from the internet)	Day 37: Confess a secret
Day 19: Change one light in your house to a compact florescent	Day 38: Pray for peace
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 39: Educate yourself about a saint (www.catholic.org/saints)
	Day 40: Pray for your enemies (you probably have new ones by now) then decide which of these exercises you'll keep for good