

40 IDEAS FOR KEEPING A HOLY LENT

Borrowed and adapted from *House for All Sinners and Saints* www.houseforall.org

(Ash Wednesday 3/1)

- 3/1: Pray for your enemies
- 3/2: Walk, carpool, bike or bus it.
- 3/3: Don't turn on the car radio/cd/mp3/handheld/Bluetooth/satellite/etc.
- 3/4: Give \$20 to a non-profit of your choosing

(Sunday 3/5)

- 3/6: Take 5 minutes of silence at noon
- 3/7: Look out the window until you find something of beauty you had not noticed before
- 3/8: Give 5 items of clothing to Goodwill or another agency
- 3/9: No complaining day
- 3/10: Do someone else's chore
- 3/11: Buy a few \$5 fast food gift cards to give to homeless people you encounter

(Sunday 3/12)

- 3/13: Call an old friend
- 3/14: Pray the Paper (pray for people and situations in today's news)
- 3/15: Read Psalm 139 <http://bible.oremus.org>
- 3/16: Pay a few sincere compliments
- 3/17: Bring your own mug
- 3/18: Educate yourself about human trafficking www.praxus.org

(Sunday 3/19)

- 3/20: Forgive someone
- 3/21: Internet diet (stay offline today)
- 3/22: Change one light in your house to a compact florescent/LED
- 3/23: Check out morning and evening prayer at <http://dailyoffice.wordpress.com>
- 3/24: Ask for help
- 3/25: Tell someone what you are grateful for

(Sunday 3/26)

- 3/27: Introduce yourself to a neighbor
- 3/28: Read Psalm 121 <http://bible.oremus.org>
- 3/29: Cook for someone
- 3/30: No shopping day
- 3/31: "Pay it forward" for someone
- 4/1: Light a candle

(Sunday 4/2)

- 4/3: Write a thank you note to your favorite teacher
- 4/4: Invest in canvas shopping bags
- 4/5: Use Freecycle www.freecycle.org; www.freecycle.org/group/EriePA/posts
- 4/6: Donate art supplies to your local elementary school
- 4/7: Read John 8:1-11 <http://bible.oremus.org>
- 4/8: Worship at a friend's mosque, synagogue or church and look for the beauty

(Sunday 4/9)

- 4/10: Confess a secret
- 4/11: No sugar day – where else is there sweetness in your life?
- 4/12: Give \$20 to a local non-profit
- 4/13: Educate yourself about a hero/heroine for justice
www.educationforjustice.org/saints-martyrs-heroes
- 4/14: Pray for peace
- 4/15: Pray for your enemies (you probably have new ones by now) then decide which of these exercises you'll keep for good

NOTE: You many need to copy and paste or type the link(s) into your browser