

## 40 Things to Do for Lent

Ash Wednesday and the beginning of Lent are this upcoming Wednesday Feb 14<sup>th</sup>! As this season of Lent approaches, many of us think about something to “give up.” This list will hopefully inspire you, grow you, and stretch you in your walk with Christ. The following list is based on the three pillars of fasting, prayer, and almsgiving – the three areas we are encouraged to concentrate on during lent. Our hope is that this will help you as you take time to discern what the Lord is calling you to, what he wants you to be more detached from, what sin he’s calling you to abandon, how he wants you to lean on him and love his children.

**Fasting** is the most obvious. For some of us, Lent is an opportunity to root out some of the evil in our lives. Maybe it’s time to give one (or a few) of these sins up.

1. Impatience – God’s timing is perfect
2. Gossip/Destructive Speech – Encourage one another (Hebrews 10:25)
3. Complaining–try accepting the cross you’re given instead of objecting that you’d rather choose your own and/or help be the solution and not the problem!
4. Selfish Ambition – God has a mission for you that is bigger than yourself!
5. Disunity – if two or you agree on earth about anything , it will be done for them by the Heavenly Father (Mt 18:19)
6. Being snarky or short or cold or whatever it is you do that makes talking to you an act of charity
7. Overcommitment – Do less better and accomplish more.
8. Being picky–eat whatever is set before you
9. Comparing yourself with others

Or maybe there’s something good in your life that you’re too dependent on. Or even something good that is healthy for you but that you could offer to the Lord for 40 days:

10. Shopping
11. Hitting the snooze button even though you’d rather stay in bed
12. Cream and sugar in your coffee
13. Caffeine – but don’t be cranky!
14. Staying up stupid late–give yourself a bedtime!
15. Checking your smartphone when you’re with people
16. Driving when you could walk
17. Anything that’s about popularity–checking your blog stats, posting things on Facebook that are clever but not edifying
18. Pick 6 different things to fast from and write them down. Then roll a die each morning and fast from the correlated number

**Almsgiving** isn’t always as easy as giving money to the poor. Figure out how you need to love the people around you and do it.

19. Donate the money you would have spent on whatever you’re fasting from
20. Spend the time you would have spent watching TV with your family
21. Give up one pint of your blood to save a life by donating blood at our Arkansas Blood Institute Blood Drive.

## Almsgiving (Continued)

22. Visit a nursing home—and bring your little ones if you have them. Nothing takes the awkward out of talking to old people you don't know like a baby.
23. Invite a priest or religious to dinner
24. Call you mother-in-law weekly
25. Give someone a compliment every day
26. Take someone to lunch every week—a lonely coworker, a neighbor you

- don't always love, one of your children
27. Perform an act of charity every day—do the dishes when it's not your turn, take your kids to that awful playground they love so much, talk to your parents in multiple-word sentences, pick up litter
28. Tell someone about Jesus

**Prayer** should be at the center of your life all the time, but especially during Lent.

29. Choose something from 50 Ways to talk to God at the blog [peircedhands.com](http://peircedhands.com)
30. A chapter of the Bible a day. You can get through all 4 Gospels if you read 2 chapters a day and don't skip Sundays.
31. 10 minutes of meditation a day, try using the [pray as you go](#) app!
32. Join a Bible study at your parish (call the office to find out when and where they meet)
33. Wear a crucifix
34. Go to confession—every week, every other week, for the first time in 30 years....
35. Pray the Stations of the Cross every Friday (ours are usually at 7pm)
36. Get up early to pray
37. Go to an art museum or a botanical gardens once a week and just rejoice in beauty
38. Break your fast with the Eucharist every day—don't eat until you've been to Mass
39. Listen to Christian music while you drive, try out Klove on 96.9fm
40. Listen to Catholic CDs while you drive (we have some available in the vestibule to pick up)