

40 DAYS TO CHANGE THE WORLD - OUR LENTEN JOURNEY

Day 1: Pray for your enemies.

Take some time to think about them, the life they lead, their family and support system and pray for understanding and peace.

Day 2: Walk, carpool, bike or take public transportation.

Pay attention to those around you and think about their challenges.

Day 3: Take a media-free day. No TV, DVDs, frivolous

Internet usage, magazines....And note how you feel without those things in your life.

Day 4: Give a donation to a non-profit of your choosing

SUNDAY - LENT 1

Day 5: Observe 5 minutes of silence at noon

Day 6: Take a walk.

Look at your surroundings until you find something of beauty you had not noticed before

Day 7: Give 5 items of clothing to Goodwill

Day 8: Give a Pep-talk.

Notice someone in your life that is feeling down and encourage them with a note, an email or a phone call.

Day 9: Do someone else's chore.

(If you don't have an idea of a chore to do, contact the pastor and she will help you out.)

Day 10: Buy a few \$5 fast food gift cards or pack a few sack lunches to give to homeless people you encounter.

SUNDAY - LENT 2

Day 11: Call an old friend.

Day 12: Pray the News

Read the news or watch the news and pray for people and situations affected.

Day 13: Read Psalm 139

Day 14: Pay a few sincere compliments to others.

Day 15: Take a garbage-collecting walk.

Bring a plastic bag on your walk and pick up trash as you go.

Day 16: Call someone you've not seen in church lately.

SUNDAY - LENT 3

Day 17: Forgive someone (or identify someone you need to forgive and take some steps toward that goal.)

Day 18: Internet Diet Day.

Use the internet for only one hour today for non-work activities.

Day 19: Read the Upper Room's Daily devotional:

www.upperroom.org

Day 20: Write a letter to someone you love.

You can choose whether to mail it or not.

Day 21: Ask for help

Identify a place in your life where you could use some help and someone that would be helpful. And ask.

Day 22: Tell someone what you are grateful for.

SUNDAY - LENT 4

Day 23: Make a prayer list

List people and situations to keep in your prayers for the week and put it somewhere visible (the refrigerator, bathroom mirror, etc..)

Day 24: Read Psalm 121

Day 25: Introduce yourself to a neighbor

Day 26: Meat-free day

Eat vegetarian for a day. If you are vegetarian – place another challenge in your diet, i.e.: dessert-free day, soda-free day, coffee-free day, etc....

Day 27: Observe an hour of silence

Day 28: Light a candle that represents God's love

SUNDAY - LENT 5

Day 29: Write a thank you note to your favorite teacher or mentor.

Day 30: Pick a favorite hymn or Christian/religious song. And listen to it, sing it or recite the lyrics aloud.

Day 31: Make a gratitude list.

Throughout the day, make a list of things you are grateful for. At the end of the day, review the list.

Day 32: Donate to your local elementary school.

Day 33: Read John 8:1-11

Day 34: Research charities and find one to support through your prayers, your gifts or your service.

PALM SUNDAY

Day 35: Take the "What's your Spiritual Type" quiz (<http://prayer-center.upperroom.org/resources/quiz>) Read the description. Is it accurate?

Day 36: Observe a no-sugar day – where else is there sweetness in your life?

Day 37: Give someone in your life a small gift. Just because.

Day 38: Educate yourself about a saint (<http://www.catholic.org/saints>)

Day 39: Pray for peace

Day 40: Pray for your enemies again.

May God bless our Lenten season,

Pastor Krista