

WHAT SHOULD I DO DURING LENT?

Forty suggestions for the forty days

- Think about something you have done wrong and say sorry for it. *Matthew 3:2*
- Put some coins in a jar each day & at the end of Lent give the money to a charity.
John 2:9-10
- Watch the news and pray for someone or something you see on it. *Micah 6:8*
- Plant some seeds and care for them as they grow. *Genesis 1:31*
- Make something today (a cake, a picture, a model, a story....) *Isaiah 44:24*
- Turn off the lights in a room no-one is using. *Matthew 10:29*
- Tell someone you love them. *Ruth 1:16*
- Give yourself time to wonder about something & see where your curiosity leads you.
Psalms 8:3-4
- Say thank you to someone for who they are or what they do. *Luke 17:15-16*
- Go for a walk and notice everything around you. *Psalms 92:4*
- Say thank you to God for your meals. *1 Chronicles 16:34*
- Be friendly to someone new. *Leviticus 19:18*
- Give a small present to someone you know. *2 Corinthians 8:7*
- Fill a bag with litter and put it in the bin. *Genesis 2:15*
- Outside school/work have a screen-free day and do something different. *Romans 7:19*
- Phone someone you love but haven't seen for a while. *2 Corinthians 1:1*
- Tidy a room or cupboard in your house. *Luke 15:8*
- Try something new (a different food or a new experience....) *Isaiah 42:9*
- Say hello to your neighbours. *Romans 16:20*
- Do something today 'just' for fun. *Psalms 16:11*
- Listen to music that relaxes you. *Philippians 4:7*
- Do a job someone else usually does (washing up, taking the rubbish out....) *Romans 12:10*
- Use the washing-up water to water some plants. *Job 5:10*
- Make a list of your friends' birthdays so you can remember to send them cards.
1 Thessalonians 3:12
- Ask someone how they are & take time to listen to the answer. *Galatians 6:2*
- Take longer over breakfast and really taste the food. *Psalms 34:8*
- Make a list of all the good things in your life & thank God for them. *Psalms 9:1*
- Make some cakes and share them with your friends. *Acts 4:32*
- Sit still for five minutes and listen to your breathing. *Psalms 46:10*
- Invite someone you don't know very well for a cup of tea. *Hebrews 13:2*
- Think about what might make someone you know happy, then do it.
Philippians 4:8
- Give lots of smiles away today. *Psalms 4:6*
- Make a list of up to five people you have met today and pray for them. *James 2:1*
- Find something you don't use and give it away. *Matthew 10:9-10*
- Find ways to encourage those around you today. *1 Thessalonians 5:14*
- Learn the words of something by heart (a poem, a prayer, a song....) *1 Corinthians 11:24*
- Ask what someone has given up for Lent, then buy it for them as an Easter present.

Psalm 37:21

- Give someone flowers or a plant. *John 13:34*
- Make an Easter garden or read Luke 22-24 (or both!) *Luke 23:34*