

Lenten Challenge

Challenge yourself to do as many as you can during this Lenten season and prepare for Christ to transform your heart. Some of these may push you out of your comfort zone, but that's the point! God is waiting for us outside of our comfort zones, ready to walk with us as we serve God's people.

1. Buy coffee for the person behind you in line
2. Bring a friend or loved one to worship with you
3. Spend 1 hour away from all technology
4. Introduce yourself to an unfamiliar face at church
5. Make a list of 5 people God has blessed you with in your life
6. Spend some extra time playing with your kids or pets
7. Donate money or food to those sheltering in place
8. Smile and say hello to a stranger on the street
9. Give unique compliments to 5 people
10. Spend time in prayer with God before you get ready in the morning
11. Tell a loved one how much they mean to you
12. Cook dinner for someone
13. Spend time in nature and thank God for this beautiful creation
14. Ask a cashier how their day has been
15. Do a chore that isn't yours
16. Bring doughnuts to your fellow employees at work
17. Donate blood
18. Help your neighbor with a simple task
19. Leave a thoughtful note for someone
20. Volunteer at a shelter or a nursing home
21. Send a care package to military overseas
22. Spend time with Jesus in prayer
23. Call a family member you haven't spoken to in a while

24. Go to an immigrant owned restaurant
25. Donate to a new charity
26. Buy someone a gift from a company that donates its proceeds
27. Sign up for a weekend service project
28. Set time aside to meditate and listen to God
29. Choose not to spend any money on coffee or eating out and donate that money instead
30. Give up social media for a day
31. Buy a spiritual book and read it before bed
32. Visit someone in a nursing home
33. Dedicate your prayer time to someone in need
34. Send a "Thinking of You" card to a distant relative or friend
35. Create a care package and send it to a college student
36. Turn off the tv, radio, etc. and spend an hour or two in silence
37. Buy your favorite non-perishable foods and donate them to a food shelf
38. Let someone help you
39. Make a new friend by inviting a person you don't know very well to coffee or lunch
40. Write God a letter thanking God for what you have experienced this Lenten season as you tried these different spiritual practices