

40 DAYS of LENT

1
Make a card for a friend or family member.

2
Pick up any trash you see.

3
Tell someone why you appreciate them.

4
Share a toy or game with someone.

5
Smile at a stranger.

6
Send a kind note to a friend.

7
Say "thank you" to someone who helps you.

8
Draw a picture of Jesus.

9
Pray for kindness.

10
Offer to help with a chore.

11
Give a hug to someone you love.

12
Give someone a compliment.

13
Give away an old toy you don't need.

14
Invite someone who's lonely to play with you.

15
Make a list of things you're grateful for.

16
Write a thank-you note to someone.

17
Make a treat to share.

18
Make no complaints today.

19
Hold the door open for someone.

20
Pray for those that need help.

21
Read the bible verse.

22
Help set the table for dinner.

23
Ask a question about Lent.

24
Pray for the homeless.

25
Help someone carry their things.

26
Read a book to a younger sibling or friend.

27
Forgive someone.

28
Help clean up a mess at school.

29
Call or video chat with a relative.

30
Thank God for something.

31
Offer your help for someone in need.

32
Ask someone how their day was and really listen.

33
Pray for those who are sick.

34
Help prepare a meal.

35
Spend time with your family.

36
Pray for those who are in pain.

37
Read the bible verse.

38
Tell someone you love them.

39
Play a game with family.

40
Pray with family today.

