

40 Ideas for Keeping Lent Holy

By Nadia Bolz-Weber

This diary is for each day of Lent except Sundays.

Day 1: Pray for your enemies

Day 2: Take a walk in God's creation

Day 3: Don't turn on the car radio

Day 4: Give £10 to a charity of your choosing

Day 5: Take 5 minutes of silence at noon

Day 6: Look out the window until you find something of beauty you had not noticed before

Day 7: Give 5 items of clothing to a charity shop

Day 8: No unkind words or thoughts about anyone else today

Day 9: Do a job around the house that someone else usually does

Day 10: Buy a few fast food gift cards to give to any homeless people you might encounter

Day 11: Call an old friend for a chat

Day 12: Pray the Paper (pray for people and situations in today's news)

Day 13: Read Psalm 139

Day 14: Tell someone you love them, and why

Day 15: Make coffee or tea for someone else

Day 16: Educate yourself about human trafficking and pray for all involved

Day 17: Forgive someone who has hurt you in the past

Day 18: Have a day off the Internet

Day 19: Change one light in your house to a compact fluorescent

Day 20: Say Morning or Evening Prayer - look on Church of England website for this and click on 'Join us for Daily Prayer' for options

Day 21: Ask someone for help for something

Day 22: Tell someone what you are grateful for

Day 23: Introduce yourself to a neighbour or local person you don't know

Day 24: Read Psalm 121

Day 25: Bake a cake

Day 26: No shopping day

Day 27: Put food out for the birds where you live

Day 28: Light an actual candle to remember someone you love who is no longer with you

Day 29: Write a thank you note to someone who has done something for you in the past

Day 30: Invest in canvas shopping bags

Day 31: Use Freecycle

Day 32: Donate art supplies to your local elementary school

Day 33: Read John 8:1-11

Day 34 Visit a church other than the one you worship at, if you go to church, and look for the beauty there

Day 35: Confess a secret to God, or a good friend you can trust

Day 36: No sugar day - where else is there sweetness in your life?

Day 37: Sort out 10 items that you really don't need, for a charity shop

eg books, bedding

Day 38: Educate yourself about a saint www.catholic.org/saints

Day 39: Pray for peace in the world, your community, your family

Day 40: Pray for your enemies (you probably have new ones by now) then decide which of these exercises you'll keep for good

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