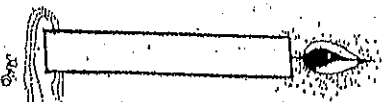
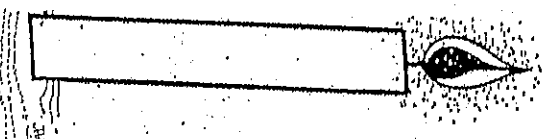


THE SPIRIT OF LENT  
GIVE, FAST, PRAY

40 days, 40 possibilities.....



1. Set a timer for 5 minutes. Just sit and be still.
2. Look out the window. What do you see, of God's creation?
3. Pay attention to your breathing and thank God for it.
4. Turn off the radio in the car today and simply pay attention.
5. Sit and look at a picture of something beautiful in your house.
6. Don't play computer games today!
7. Learn something new today.
8. When driving, keep the speed limit. Slow down today, in and out of the car.
9. Give up shopping for a day or two.
10. Write a letter.
11. Make a call to someone who needs some attention.
12. Turn off the t.v. and listen to music or read.
13. Count your blessings. This should take quite some time!
14. Go to church. (In addition to Sunday!)
15. Recall a favorite prayer. And pray it slowly.
16. Tell someone you love them today.
17. Say "I'm sorry" to someone.
18. Imagine God saying to you: "May I have your attention please?" How will you answer?
19. Read something from the Bible.
20. Commit a random act of kindness.
21. Pray for world peace today.
22. Be grateful today.
23. Complaining is not allowed today! When you catch yourself. Simply stop and re-direct your thoughts.
24. Fast from something today.
25. Make a donation to a needy charity.
26. Judging is off limits today! "If you judge people, you have no time to love them." Mother Theresa



27. Buy someone a flower today!  
(If it is for yourself, sit with it and thank God for the beauty of it.)
28. Do a little spring cleaning. Give something away to the needy.
29. Smile a lot today: to strangers and friends.
30. Practice contentment today.
31. "Delete" What needs deleting today from your actions or thoughts?
32. "Pause" What or who needs some attention today.
33. Give someone the benefit of the doubt today.
34. Let someone else be right today!  
It won't kill you!
35. Look for signs of God's love today. Name three before you fall asleep tonight.
36. Read something about our world today, and pray about it.
37. Go to at least one of the Holy Week liturgies.
38. No snacks today!

39. During this holiest week of our church year, set a timer for 10 minutes, and consider the gift of Eucharist; the gift of forgiveness of sin; the promise of life everlasting.
40. Rejoice in the Resurrection of Christ! Be accused of being joyfull!

*Lenten Exam: How am I doing?*

*Does anyone remember that you spoke to them today?*

*Have you helped a single*

*person of the many that you passed?*

*Is a single heart rejoicing over what you did or said?*

*Does the one whose hopes*

*were fading now with courage look ahead?*

*Did you waste the day or use*

*it? Was it well or sorely spent?*

*Did you leave a trail of kindness, or a scar of discontent?*

Author: Anonymous

