

40 Ideas
for
40 days of Lent
Related to:
Connecting with God, Serving Others,
and Taking Care of Ourselves

- 1. Say “Hi” to God today, and if you wish, continue the conversation with what’s on your mind!**
- 2. Find something beautiful and enjoy it through your senses**
- 3. Light a candle and find peace**
- 4. Take a deep breath of fresh air and smile**
- 5. Draw a picture of something that makes you happy**
- 6. Hug a family member randomly**
- 7. Learn something about a vulnerable population you don’t know much about**
- 8. Help out with a task that you don’t really like doing today**
- 9. Text someone something encouraging**
- 10. Ask God to help you know and follow your truest desires**
- 11. Write a letter to a friend and mail it**

- 12. Take a walk outside and notice the sky and its uniqueness**
- 13. Eat a meal in silence and savor every bite slowly**
- 14. Forgive someone for something that you've been holding onto**
- 15. Think about the nature around you-the trees, snow, wind, etc.-and marvel at its presence**
- 16. Write a page in a notebook about how you're feeling**
- 17. Meditate silently for 3 minutes, focusing on your breath. Notice how you feel after**
- 18. Make dessert for your family tonight**
- 19. Grab a blanket, wrap it around you, and enjoy the good feeling!**
- 20. Take 5 minutes to stretch your body however feels good**
- 21. Put on a fun song and have a little dance party**
- 22. Ask God to guide you today in everything you do!**
- 23. Before you fall asleep, think about how you experience God's blessings**
- 24. Write a short poem about what you're grateful for**

- 25. Find an inspiring quote that reminds you of joy and/or peace**
- 26. Find something new, fun and unique to decorate your bedroom with**
- 27. Ask yourself where you see God most clearly in your life**
- 28. Ask yourself who God is to you**
- 29. Ask yourself what you really want in life, and what is most important to you**
- 30. Read a page in a book you've been wanting to get to (or a magazine, blog, etc.)**
- 31. Pray and ask for healing and goodness for yourself, others and the world**
- 32. Tell someone something you appreciate about them**
- 33. Look in the mirror and offer gratitude and respect to your reflection**
- 34. Research how you can creatively and positively affect someone less fortunate than you today**
- 35. Visualize your ideal for how you will impact the world, share it with God, and take the next step towards realizing that vision**
- 36. Donate some money toward a cause that's important to you**

- 37. Remember that good humor is healthy and find several reasons to laugh today**
- 38. Refrain from saying anything negative today. Refrain from complaining.**
- 39. Choose a favorite way to pray (it can be anything!) and do this intentionally for at least 10 minutes**
- 40. Think about all the things you love about yourself and your life and say “thank you”**