

40 Ideas for keeping a holy Lent

DAY 1: Pray for your enemies.

DAY 2: Walk or carpool it.

DAY 3: Don't turn on the car radio.

DAY 4: Give a donation to a non-profit of your choosing

SUNDAY

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 Goodwill or the Thrift Shop

DAY 8: No whining day

DAY 9: Do someone else's chore

DAY 10: Send a card to someone you think could use a special note

SUNDAY

DAY 11: Call an old friend

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

DAY 13: Read Psalm 139 <http://bible.oremus.org>

DAY 14: Pay a few sincere compliments

DAY 15: Bring your own mug

DAY 16: Educate yourself about human trafficking www.praxus.org

SUNDAY

DAY 17: Forgive someone

DAY 18: Internet Diet

DAY 19: Change one light bulb in your house to a more efficient one

DAY 20: Check out morning and evening prayer at

<http://dailyoffice.wordpress.com>

DAY 21: Ask for help

DAY 22: Tell someone what you are grateful for

SUNDAY

DAY 23: Introduce yourself to a neighbor

DAY 24: Read Psalm 121 <http://bible.oremus.org>

DAY 25: Bake a cake

DAY 26: No shopping day

DAY 27: Light a virtual candle

DAY 28: Light an actual candle

SUNDAY

DAY 29: Write a thank you note to your favorite teacher (or someone you appreciate)

DAY 30: Invest in canvas shopping bags

DAY 31: Use Freecycle www.freecycle.org

DAY 32: Donate art supplies to a local organization

DAY 33: Read John 8:1-11 <http://bible.oremus.org>

DAY 34: Worship at a friend's church and look for the beauty

SUNDAY

DAY 35: Confess a sin

DAY 36: No sugar day—where else is there sweetness in your life?

DAY 37: Give a donation to a local non-profit

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

DAY 39: Pray for peace

DAY 40: Pray for your enemies (you probably have new ones by now)

Then decide which of these exercises you'll keep doing!