

15 Ideas to Opserve lent (without giving up chocolate)



1) Give up your morning coffee and put that money toward providing clean water or food for a child in a developing country.

4) Give up 20 minutes of sleep and wake up a bit earlier each morning. Spend that time with God. Use a daily devotional to guide your time of study and prayer.

5) Give up TV watching on Saturdays and spend that time volunteering.



2) Skip breakfast or lunch once or twice a week and spend that time reading **₹ vour Bible or** praying.

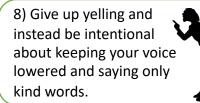
3) Fast from Facebook and instead spend 10 minutes each morning keeping a gratitude journal.



9) Skip your favorite TV show(s) during the week and instead spend that time digging into a Bible

7) Give up discretionary spending. Each time you think about buying something, set aside the money you would have spent. At the end of Lent, donate the money you've saved.





study or devotional.

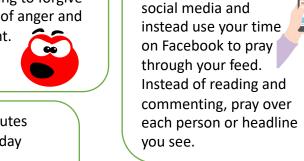
10) Give up resentment and anger. Spend the 40 days working to forgive and let go of anger and resentment.



12) Give up a comfort food (sweets, soda, fast food, etc.) and seek comfort from God through prayer and scripture each time you're tempted for one of these foods.



14) Give up 20 minutes at the end of each day and commit to the spiritual practice of the Examen prayer, a daily debrief with God to review your day.





13) Give up focus on yourself and instead be intentional about focusing on others in your prayers and with your time and actions.

15) Let go of your pride and look for opportunities to pray aloud with others, both friends and strangers

11) Give up mindless

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