

15 Ideas to Observe 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 your Bible or praying.



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



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.



6) Turn off the radio on your way to work or school and spend that time in prayer or listen instead to an audio Bible.



8) Give up yelling and instead be intentional about keeping your voice lowered and saying only kind words.



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



11) Give up mindless social media and instead use your time on Facebook to pray through your feed. Instead of reading and commenting, pray over each person or headline you see.



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

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.



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

