

You don't have to give something up to grow closer.  
Sometimes you just say yes.

# 40 Days of Yeses

Small invitations as we walk toward Easter.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			2/18 Spend 5 minutes in quiet prayer.	2/19 Encourage someone	2/20 Take a walk and thank God for His gifts.	2/21 Hold the door open for someone
2/22 REST WORSHIP REFLECT	2/23 Sit in stillness and breathe.	2/24 Forgive someone in your heart.	2/25 Turn off your social media for a night.	2/26 Let go of one worry in prayer.	2/27 Donate something you don't need.	2/28 Replace complaints with gratitude.
3/1 REST WORSHIP REFLECT	3/2 Leave an extra tip today.	3/3 Send an encouraging note.	3/4 Pay for a stranger's coffee.	3/5 Offer to help someone.	3/6 Pray for someone	3/7 Read one Psalm.
3/8 REST WORSHIP REFLECT	3/9 Choose calm instead of reacting quickly.	3/10 Choose patience over frustration.	3/11 Ask God for wisdom in one specific area.	3/12 Text someone you've been thinking about.	3/13 Release control of something you're gripping tightly.	3/14 Replace one negative thought with the truth.
3/15 REST WORSHIP REFLECT	3/16 Compliment someone sincerely.	3/17 Send a thank-you note.	3/18 Fast from criticism for the day.	3/19 Extend grace where it's not earned.	3/20 Speak gently today.	3/21 Do one unseen kindness.
3/22 REST WORSHIP REFLECT	3/23 Write one gratitude.	3/24 Let go of being right.	3/25 Read one gospel story.	3/26 Read one verse slowly. Twice.	3/27 Let someone merge in traffic.	3/28 Listen without interrupting.
3/29 REST WORSHIP REFLECT	3/30 Encourage someone.	3/31 Make someone's day easier.	4/1 Check in on someone.	4/2 Choose a kinder tone	4/3 Practice patience	4/4 Give thanks for your blessings.