

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

# 40 Days of Yeses

Everyday choices that draw us closer to God this season.

## **A Note Just for You:**

Easter is coming. For the next 40 days, you're invited to practice something simple — saying yes.

- Yes to kindness.
- Yes to integrity.
- Yes to patience.
- Yes to courage.
- Yes to growing in your faith in real, everyday ways.

These aren't big, dramatic changes. They're small choices. And small choices shape who you're becoming.

Some days will feel natural and some won't. That's normal. This isn't about being perfect, it's about being intentional.

Every Sunday is a reminder to rest, reflect, and give thanks — to slow down and remember why we're walking toward Easter in the first place.

If you miss a day, don't quit. Just begin again. Your yes matters more than you think.

God is shaping something good in you.



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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			2/18 Spend 5 quiet minutes with God.	2/19 Encourage someone who might be overlooked.	2/20 Put your phone down during a conversation.	2/21 Respond gently when frustrated.
2/22 REST REFLECT GIVE THANKS	2/23 Say an extra prayer before bed.	2/24 Do a chore without being asked.	2/25 Read one Psalm.	2/26 Invite someone to sit with you.	2/27 Apologize when you are wrong.	2/28 Thank God for 3 things in your life.
3/1 REST REFLECT GIVE THANKS	3/2 Pray for someone you disagree with.	3/3 Turn off social media for an evening.	3/4 Tell someone what you admire about them.	3/5 Be patient with a family member.	3/6 Choose humility.	3/7 Hold the door for someone.
3/8 REST REFLECT GIVE THANKS	3/9 Choose calm instead of reacting quickly.	3/10 Replace comparison with gratitude.	3/11 Notice someone who might be left out.	3/12 Love someone who is hard to love.	3/13 Trust God with a worry.	3/14 Help at home where needed.
3/15 REST REFLECT GIVE THANKS	3/16 Compliment someone sincerely.	3/17 Give or send a thank-you note.	3/18 Listen and respond kindly.	3/19 Make someone smile/ laugh.	3/20 Sit in silence for two minutes.	3/21 Do one unseen kindness.
3/22 REST REFLECT GIVE THANKS	3/23 Check in on a friend.	3/24 Include someone.	3/25 Pray for your school and friends.	3/26 Encourage a friend.	3/27 Clean your room.	3/28 Listen without interrupting.
3/29 REST REFLECT GIVE THANKS	3/30 Help a sibling or friend.	3/31 Tell someone you appreciate them.	4/1 Fast from complaining.	4/2 Read one gospel story.	4/3 Start and end your day with a prayer.	4/4 Love like Jesus.