



50 LENTEN ACTIVITIES

PILGRIM FAITH UNITED CHURCH OF CHRIST

During the 40 days of Lent, while making our preparations for Easter, we each can do something to better ourselves and the world around us. Lenten activities don't have to consist of just fasting and abstinence from the things we love; during Lent we can add things like almsgiving and prayer that make our lives more meaningful.

Each day of Lent try to choose one of the suggested Lenten activities to perform. You don't have to choose something different each day. You may choose to repeat an activity as often as you want! Keep track of the dates that you do each activity and add them to our Pilgrim Faith Lenten Chain in Colonial Hall each Sunday during Fellowship hour.

1. Say a Lenten Prayer
2. Give up all drinks but water today
3. Give up your comfortable bed to sleep on the floor or a couch
4. Eat only one meal today
5. Write a letter of thanks to someone who has touched your life
6. Pray for someone who is going through a difficult time
7. Give to someone in need
8. Give up using social media today
9. Listen to someone today
10. Save your change during Lent and donate it to the poor at the end of Lent
11. Attend church every Sunday during Lent
12. Attend the Ash Wednesday service
13. Attend the Maundy Thursday service
14. Attend the Palm Sunday service
15. Celebrate Christ's resurrection by attending church on Easter Sunday

16. Pray for an enemy or someone with whom you disagree
17. Do a good deed for a neighbor or friend
18. Use the stairs instead of an elevator for the day
19. Give up a comfort that you normally enjoy
20. Say a prayer of forgiveness
21. Compliment someone
22. No eating after dinner today
23. Give thanks for something you normally take for granted
24. Say 3 nice things to family members today
25. Don't eat out this week
26. Encourage someone who is discouraged
27. Replace 30 minutes of television with 30 minutes of prayer
28. Give up complaining for the day
29. Give hope to someone who is struggling
30. Show respect to someone
31. Give up gossiping
32. Be positive today
33. Give up negative language for the day
34. Give up your favorite indulgence for the week – sugar, Starbucks, alcohol, chocolate, etc.
35. Share one of your possessions with another
36. Improve your physical health by exercising
37. Meditate for 15 minutes
38. Read a Bible verse
39. Say grace before you eat each meal
40. Say a prayer of thanks for 3 things/people
41. Say the Lord's Prayer
42. Let someone go ahead of you in line
43. Hold a door open for someone
44. Volunteer to do a chore for someone else
45. Donate to a worthy cause
46. Visit a shut-in
47. Give an item to the food pantry
48. Donate to the BEDS shelter (goods or time)
49. Give to One Great Hour of Sharing
50. Send a thank you note to a church staff member