

**📣 1<sup>st</sup> Challenge:** Turn off the TV today. If you're feeling ambitious, say "no" to all screen time today, whether that's your phone, tablet, or laptop. Instead, spend your screen time in prayer or being present with the ones close to you.

There are so many distractions in our world causing noise and pulling us away from our relationship with Christ. This Lent try to prevent that from happening as much as possible.

**📣 2<sup>nd</sup> challenge:** Pray for a culture that respects life from conception to natural death.

Is our culture one of life? Christ died to give us life. Are we creating a culture of love and life?

"Before I formed you in the womb, I knew you; before you were born, I set you apart." - Jeremiah 1:15

**📣 3<sup>rd</sup> challenge:** Make a list of ways you can offer your services, then prayerfully consider taking the next step to serve in one of those ways.

How can you serve others? When is the last time you volunteered or donated money or resources to help those in need? As we continue through Lent, where we try even more to focus on Christ and others, think about the areas in your life where you could offer your services.

**📣 4<sup>th</sup> challenge:** Write a short letter or note to someone you love--whether you drop it in the mail or on their pillow.

Can you think of the last time you wrote someone a hand-written note? What about the last time you received one? There is power in putting pen to paper, and in receiving a hand-written letter or note.

In an age of the internet, it's much easier to just send a message via email or text, of course! But there is something to be said about the extra love and encouragement that goes into a hand-written correspondence, on both the sending and receiving end.

**📣 5<sup>th</sup> challenge:** Take a cold shower.

Brrrr...what?! Before you delete this email and stop this challenge altogether (we're almost to the end!), hear me out. Giving up a sensual pleasure (in this case, a hot shower) helps ensure that our lives do not become overly comfortable and without suffering.

Abstaining from pleasures of this life help us to realize that this is not what we are made for - we are made for a higher good, to serve Christ in this life and be with him in paradise! That said, consider stepping out of your comfort zone. During the cold shower, thank God that you are able to take a hot shower on most days (so many people in our communities and world do not have that luxury!) and pray for someone in need.