



# Lenten Challenge

**👉 1st challenge: We encourage you to take one of these challenges, or some other habit you'd like to cultivate, and continue to practice it through all seasons.**

Are there any challenges you'll try implementing in your life through the rest of Lent or even beyond Easter?

**👉 2nd challenge: Thank a delivery driver, postal service worker, garbage collector, police officer, or any public service worker. Consider buying them a cup of coffee or giving them a \$5 gift card to a local coffee shop.**

How many people work every day to protect us, keep our communities clean, and make our lives a little more convenient? When was the last time you said, "thank you!" to your neighborhood delivery person, postal service workers, garbage collector, or police officer? You can be the face of Jesus in a simple "thank you" to those workers who most of us simply pass by without much thought.

**👉 3rd challenge: Tell your spouse, kids, parents, siblings, or coworker 3 nice things today. If you compliment someone in your head, make it a point to say it out loud to them directly!**

How often do you think to yourself, "Wow, I love her outfit!" or "He looks dapper today!" or even, "I'm so glad I work with this person," or "I am grateful that this person is in my life."? Now think about how often you actually share those thoughts with the person. We're quick to outwardly judge, nag, or question those in our lives. But imagine how we can love those around us with words of encouragement that are going through our mind anyways!

**👉 4th challenge: Give up checking your phone when you are with others. Focus on that person as someone made in the image and likeness of God, and give them the attention you think Christ would give them.**

"Do not be conformed to this world but be transformed by the renewal of your mind that by testing you may discern what is the will of God, what is good and acceptable and perfect." Romans 12:2

**👉 5th challenge: Do not purchase anything, unless it is completely necessary (groceries for your family's dinner or the utility bill, for example).**

Lent is a time to renew your mind, body and spirit so that throughout the year you can focus on God and discern His will.

Remember, Lent is a time for simplicity. It's easy to purchase something mindlessly with Amazon Prime at our fingertips. But before you press "add to cart," pause and consider the purchase and ask yourself, "will this add true value to my life?"