

40 FOR 40

FORTY CREATIVE INSPIRATIONS FOR LENT

1. Fast from negative comments about others.
2. Give up the snooze button as a small sign of your willingness to do difficult things.
3. If it's not a regular part of your week, go to Mass every Sunday.
4. Write a letter a week to someone who has gone under-appreciated in your life.
5. Come to Sunday Mass ten minutes early.
6. Make a list of 40 people in your life, and pray for one each day.
7. Join the choir for Lent!
8. Give up Facebook. (Or all social media!)
9. Give up your pillow in solidarity with those who have none of the comfort we take for granted.
10. Think of a word you often overuse, and work to remove it from your vocabulary.
11. Make a budget, determine your tithe, and stick to it.
12. Write down something for which you're grateful each day.
13. Volunteer every Tuesday for TND cleanup!
14. Go to Holy Hour every week.
15. Read the daily Scripture readings.
16. Give up caffeine.
17. Learn about the Sacrament of Reconciliation and commit to going at least once during Lent.
18. Give up Netflix/watching TV on your computer.
19. Do an Examination of Conscience before you go to sleep every night.
20. Don't let yourself go to sleep at night until your room is clean.
21. Read the Sunday readings before Mass.
22. Fast from comparing yourself to others, and pray for that other person when you catch yourself comparing.
23. Read one of the Gospels from start to finish.
24. Every time you find yourself complaining or using the word "stress", pray for peace in the war-torn areas of the world.
25. Ride the bus or drive in silence, focusing on God's work around you.
26. Read a spiritual book on forgiveness or love: *The Return of the Prodigal Son* (Henri Nouwen), *The Screwtape Letters* (C.S. Lewis), or *The Way to Love* (Anthony de Mello).
27. Drink only water for all of Lent, in solidarity with those who hunger and thirst around the world.
28. Pray the Night Prayer from the Liturgy of the Hours each evening.
29. If someone's laundry is in the washer - switch it over to the dryer and pay for it.
30. Work to forgive a long-held grudge.
31. Commit to beginning each day with a prayer.
32. Give up texting and call whomever you need to talk to.
33. Go to daily Mass once a week.
34. Set aside one item of excess clothing every day, and donate them at the end of each week.
35. Hang a piece of religious artwork in your dorm room and say a prayer every time you see it.
36. Give up your place in line to whoever comes up behind you.
37. Try to fast every Friday during Lent.
38. If someone's laundry is in the dryer - fold it!
39. Every time you wash your hands, remember your baptism and pray for your godparents.
40. Commit to calling your family each week.