

Daily Practices: 40 ideas for keeping a holy Lent

FROM: House for All Sinners and Saints *Lutheran Church, Denver, CO* (houseforall.org)

Simple yet creative ideas to give space and time to your relationship with Jesus. NOTE: Because Sundays remind us that on Easter, Jesus rose from the dead, they are not considered days of Lent.

Day 1: Pray for your enemies

Day 2: Walk, carpool, bike or bus it.

Day 3: Don't turn on the car radio

Day 4: Give \$20 to a non-profit of your choosing

(Sunday)

Day 5: Take 5 minutes of silence at noon

Day 6: Look out the window until you find something of beauty you had not noticed before

Day 7: Give 5 items of clothing to Goodwill

Day 8: No bitching day

Day 9: Do someone else's chore

Day 10: Buy a few \$5 fast food gift cards to give to homeless people you encounter

(Sunday)

Day 11: Call an old friend

Day 12: Pray the Paper (pray for people and situations in today's news)

Day 13: Read Psalm 139

<http://bible.oremus.org>

Day 14: Pay a few sincere compliments

Day 15: Bring your own mug

Day 16: Educate yourself about human trafficking www.praxus.org

(Sunday)

Day 17: Forgive someone

Day 18: Internet diet

Day 19: Change one light in your house to a compact florescent

Day 20: Check out morning and evening prayer at

<http://dailyoffice.wordpress.com>

Day 21: Ask for help

Day 22: Tell someone what you are grateful for

(Sunday)

Day 23: Introduce yourself to a neighbor

Day 24: Read Psalm 121

<http://bible.oremus.org>

Day 25: Bake a cake

Day 26: No shopping day

Day 27: Light a virtual candle

http://rejesus.co.uk/spirituality/post_prayer/

Day 28: Light an actual candle

(Sunday)

Day 29: Write a thank you note to your favorite teacher

Day 30: Invest in canvas shopping bags

Day 31: Use Freecycle www.freecycle.org

Day 32: Donate art supplies to your local elementary school

Day 33: Read John 8:1-11

<http://bible.oremus.org>

Day 34: Worship at a friend's mosque, synogogue or church and look for the beauty

(Sunday)

Day 35: Confess a secret

Day 36: No sugar day – where else is there sweetness in your life?

Day 37: Give \$20 to a local non-profit

Day 38: Educate yourself about a saint

www.catholic.org/saints

Day 39: Pray for peace

Day 40: Pray for your enemies (you probably have new ones by now) then decide which of these exercises you'll keep for good