
Give up screen time for one day (except at school)

Give a compliment to someone who isn't expecting it

Donate food to a local charity

**Pray for good things for someone who has been
unkind to you**

**Visit an elderly friend or relative who doesn't get
many visitors**

**Make a charity box to collect change throughout
Lent to donate at the end of the Lenten season**

**Plan a simple meal and talk as a family about how to
help the hungry**

**Do a craft, piece of art, or creative project that
glorifies God**

Light a candle and pray for someone in your life

**Ask for forgiveness from someone you have
wronged**

**Volunteer some of your time to help at church,
school, or home**

**Clean up a mess that somebody else made (without
complaining)**

Memorize a prayer

**Surprise someone by doing a task or chore that they
normally do**

**Donate a bag of things that are still nice, but that
you don't use anymore**

**Thank someone who has been a good influence in
your life**

**Read a book as a family that talks about God's love,
or choose a story from the Bible**

Pray for world political and religious leaders

**Do something healthy to take care of the body God
gave you**

**Clear your mind of other things and sit quietly with
God**

Do something to help the Earth

Give up sweets for a day

Do a foot washing with your family members

Surprise someone with a handmade gift

**Do something to make this Lenten season better for
someone who needs it**

Pray for peace in your community and in the world

**Read about someone who has worked to make the
world a better place**

Give up complaining for a whole day (or longer)

Write down 20 things that you are thankful for

Do something to help someone who is sick

**Take a walk and spend time observing the beauty
and miracles of God's creation**

**Attend Wednesday Night Worship (or watch
online!)**

**Clear 40 things out of your home that you no longer
need**

**Spend a day trying to think only of others and doing
things that will make their lives better**

Pray for people in your church

**Send a note of encouragement to a pastor or leader
at church**

**Sing, play, or listen to your favorite church/VBS
songs**

Encourage someone who is having a hard time

Do a task you have been putting off

**Watch a movie as a family that teaches about loving
and caring for one another and the world**
