

What to Give up for Lent (No need to give up all of them, just pick a couple)

1. Don't buy anything that you don't NEED.

If you can live without it, you don't need it. Give it up for Lent. Put the money that you would have spent into a jar. You will be surprised at how quickly you build up your savings.

2- Throw Away 40 things for 40 days

Every day, you walk around your house and collect 40 things to donate or throw away... every day, until Lent ends. (Try donating, because you are helping others).

3- 40 Days of home Organization

You can do 40 tasks and just work through Lent. It's a way to free up the things that hold me back... material things.

Donate your unused or unwanted items after you have decluttered & organized your house.

4- No Gossiping.

Give up gossiping for Lent. That means you cannot do any gossiping. None!

If someone says something negative about another person, either say something nice or don't say anything at all. You would think this is going to be SO easy, but when you can't say anything negative about anyone else, you realize how often it happens, sadly.

5. Work out daily to take care of the body God gave you.

Spend this time focusing on taking care of the body that God gave you. For Lent, commit to doing some kind of workout every single day. You can go on a walk or join a gym, or even workout at home.

6- Don't Eat After Dinner

This one is hard, so it really makes you think about Lent because you can see just a glimpse of how Jesus struggled when he was hungry.

7- Give Up Soda for Lent

This one is easy & not really out-of-the-box, but it is a struggle for many.

8. Say 3 Nice Things to Your Spouse & Kids Daily

You may think this is easy, but try to say things that aren't the normal "Thanks," or "You look nice," or "Good job." Try to say 3 out-of-the-box things each day during Lent this year.

9- Don't Eat Out for 40 Days

Try to make easy crockpot meals

10- Replace 30 Minutes of TV or Screen Time with 30 Extra Minutes of Devotion/Prayer Time.

Read a devotional or bible story with your family and have a discussion about it.

11- Do Not Complain or Speak Negatively.

We often complain and whine about things, but we need to try to have a positive outlook on things.

12- What You Think About, You Bring About

Have positive thoughts each day. Wake up thankful and grateful for all your Blessings.