



TRY GIVING IT UP

for the 40 Days of Lent

DON'T BUY ANYTHING YOU DON'T NEED

if you can live without it, you don't need it

"Plan carefully and you will have plenty." Prov 21:5

DONATE OR TOSS 40 THINGS IN 40 DAYS

go through your sewing kit, tool box, drawers, closets - even your pantry

"Be happy to give and ready to share." 1 Tim 6:18

FAST A MEAL OR FAST FOR A DAY

get a glimpse of how most of the world feels much of the time

"You're blessed when you've worked up a good appetite for God." Matt 5:6

ZIP YOUR LIPS

give up gossiping for Lent. All of it.

"When you talk, don't say anything bad." Eph 4:29

GIVE UP WORRY

a lot more meaningful than giving up chocolate

"Do not be afraid, I am with you." Isah 41:10

DITCH EVEN ONE SOCIAL MEDIA APP

you will be much more able to focus on God when not focused on yourself

"Don't do anything from a cheap desire to boast, but be humble." Phil 2:3

DON'T COMPLAIN - AND NO WHINING!

you don't realize how much you do this until you give it up

"Do everything without grumbling or arguing." Phil 2:14

PART WITH SOME TIME AND/OR MONEY

volunteer, spread kindness, reach out, give extra

"Wash one another's feet." John 3:14

**ANYTHING ELSE
GOD CALLS YOU TO GIVE UP**



TRY TAKING IT ON

for the 40 Days of Lent

READ THE BOOK OF JOHN

a few chapters a week from start to glorious finish

"In the beginning was the Word..." John 1:1

BE NICE TO THE PEOPLE YOU LIVE WITH

every day! show kindness, say nice things, build each other up in love

"How good it is when God's people live together in unity!" Ps 133:1

REPLACE 30 MIN. OF SCREEN TIME WITH DEVOTIONS

read scripture (try John's Gospel) or other spiritual material, pray, meditate

"Find a quiet, secluded place...just be there as simply and honestly as you can." Matt 6:6

ATTEND A SHALOM OR CALVARY GROWTH GROUP

from special interest to **SEA*** groups that will help with your Lenten journey

"Where two or three are gathered in my name I am with them." Matt 18:20

WALK THE STATIONS OF THE CROSS

by appointment at our partner church Calvary in Clarkston or virtually on Calvary's YouTube channel

"For those being saved, the cross is the power of God." 1 Cor 1:18

EAT JUST RICE AND BEANS ONE MEAL A WEEK

be in solidarity with the 1.2 billion people in world who live on this diet

"Don't be proud...but a friend to the lowly." Rom 12:16

TAKE ON INTENTIONAL, PERSONAL PRAYER

look for an app for daily prayer if you're not one to go searching for your own words

"Always take time to talk to God." Col 4:2

RECEIVE A DAILY BIBLE PASSAGE BY TEXT

scripture to meditate on throughout the day - text LENT to 248-617-8232

"Your word is a lamp for my feet and a light to my path." Ps 119:105

ANYTHING ELSE GOD CALLS YOU TO TAKE ON

***SEA- SUPPORT, ENCOURAGEMENT, & ACCOUNTABILITY**