

St. Luke's 40 Days/40 Ways to Live the Season of Lent

- Day 1: Pray for an enemy
- Day 2: Pray for a dear friend
- Day 3: Spend 10 minutes in silence
- Day 4: Give \$4/40/400 to a non-profit of your choosing
- Day 5: Meditate on the name of a person you seek to forgive
- Day 6: Look out the window until you find something of beauty you have not noticed before
- Day 7: Give 5 items of clothing to Goodwill
- Day 8: Official no-complaining day
- Day 9: Do someone else's chore
- Day 10: Make a list of 10 things you have to be grateful for today
- Day 11: Call an old friend
- Day 12: Pray the Paper (pray for people & situations in today's news)
- Day 13: Read Psalm 139
- Day 14: Pay a few sincere compliments
- Day 15: Bring your own mug/do not use styrofoam
- Day 16: Educate yourself about human trafficking (www.praxus.org)
- Day 17: Forgive someone
- Day 18: Fast from the Internet
- Day 19: Sing a song you remember from childhood
- Day 20: First thing today, pray Luther's Morning Prayer: "I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected me through the night from all harm and danger. I ask that you would also protect me today from sin and all evil, so that my life and actions may please you. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen."
- Day 21: Ask for help for someone
- Day 22: Tell someone what you are grateful for
- Day 23: Introduce yourself to a neighbor
- Day 24: Read Psalm 121
- Day 25: Turn off all lights you are not using
- Day 26: No shopping day

- Day 27: Just before bed, pray Luther's Evening Prayer: "I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected me today. I ask you to forgive me all my sins, where I have done wrong, and graciously to protect me tonight. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen."
- Day 28: Light a candle
- Day 29: Write a thank you note to someone
- Day 30: Go to the store and reuse bags.
- Day 31: Send a "thinking of you" note to someone
- Day 32: Write down one thing you need to be forgiven for, then destroy the piece of paper you wrote it on, while reading Jeremiah 31:34 "No longer shall they teach one another, or say to each other, 'Know the Lord', for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.
- Day 33: Read John 8:1-11
- Day 34: Bring three items of non-perishable food to church with you.
- Day 35: Confess a secret (in writing, to a pastor, to a trusted friend)
- 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 St. Francis of Assisi
- Day 39: Pray the Serenity Prayer: God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.
- Day 40: Forgive a person who has harmed you; then decide which of these exercises you'll keep for good.

(Adapted from "House of All Sinners and Saints' 40 Ways to Keep a Holy Lent", available online at www.patheos.org)