



Lord, This

Lenten  
SEASON

with Your help

I  
WILL  
TRY  
TO

MAKE A  
DIFFERENCE

Give up complaining,  
Give up pessimism,  
Give up harsh judgments,  
Give up worry,  
Give up discouragement,  
Give up bitterness,  
Give up hatred,  
Give up negativism,  
Give up anger,  
Give up gloom,  
Give up jealousy,  
Give up gossiping,  
Give up sin,



Focus on gratitude.  
Become an optimist.  
Think kindly thoughts.  
Trust in God.  
Be full of hope.  
Turn to forgiveness.  
Return good for evil.  
Be positive.  
Be more patient.  
Spread joy.  
Pray for trust.  
Control my tongue.  
Try a little harder.

MOST OF ALL  
I WILL TRY TO

Give up giving up,

Hang in there!

Amen!

# A few **MAD** ideas of what to give up or take up for Lent

- **Don't buy anything or ask for anything that you don't really NEED** - If you can live without it, you don't need it. Give it up for Lent. Ask yourself do I really need it or do I just want it? Put the money that you would have spent into a jar. You will be surprised at how quickly you build up your savings.
- **Throw Away or Donate 40 things for 40 days** - Every day, you walk around your house and collect something to donate or throw away (*as it is too old, broken or worn out*) every day, until Lent ends. (*If possible donate, because you are helping others*).
- **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.
- **No eating after dinner**— Try it, not a easy as you think!
- **Say 3 nice things to your each of your family members daily** - You may think this is easy, but try to say things that aren't the normal "Thanks" or "You look nice." or "Well done."
- **Don't eat out for 40 days** - Except for parties or celebrations, try not to eat out or go to fast food restaurants. Try and sit together as a family for at least one meal a week.
- **Replace 20 minutes of TV time with 20 minutes of prayer time or quiet time** - In the busy-ness it can be hard to take a bit of time for yourself. Try and gift yourself 10 - 20 mins a day to relax, recharge or say a prayer. Maybe go for walk, be creative.
- **Do not complain** - We often complain and whine about things, but we need to try to have a positive outlook on things. It's VERY hard. You don't realise how much you complain until you give it up...
- **Turn off all your mobile phones, tablets & games consoles for 1 night a week and get out a family board game!** - Even better: create phone-free zones (*like the dinner table*).
- **Before you sleep** - think of one thing you could have handled differently today & say sorry. Think of one thing that you were pleased with and say thanks. Think of one thing you will hope to do tomorrow and ask for strength.
- **Spread the Good News** - Either tell one person a week what you love and appreciate about them, or write a letter or an email to one person a week and tell them what you love and appreciate about them. Or if you want to go for the full marks - write a letter or an email to one person, each of the 40 days of lent, and tell them what you love and appreciate about them.

**CAN YOU  
CHOOSE 3 TO  
DO AS A  
FAMILY?**

