

Action Items for Lent

List modified from Renée Lareau at <https://bustedhalo.com/ministry-resources/25-great-things-you-can-do-for-lent>.

Think about what you usually spend your money on. Do you buy too many clothes? Spend too much on dinner out? Pick one type of expenditure that you'll "fast" from during Lent, and then give the money you would usually spend to a local charity.

Take something on — 40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life.

When you first sit down in front of your computer at work, or at the very end of your workday, try a 10-minute guided prayer from [Sacred Space \(www.sacredspace.ie\)](http://www.sacredspace.ie) based on the spiritual exercises of St. Ignatius.

Instead of turning on a streaming service for your next binge-watching session, read the entire Gospel of Mark in one sitting. As the shortest Gospel, it is the most concise story of Jesus' life, and the cross, a central Lenten symbol, plays an even more prominent role than in the other Gospels.

Unplug from your iPhone or turn off your car radio on your commute. The silence may be jarring at first, but you may find that you are able to concentrate better and will be more observant of your surroundings.

Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.

Spend at least one weekend or evening volunteering during Lent. If you feel comfortable volunteering in person, help package meals at your local soup kitchen or stock shelves at a food pantry. If you'd rather volunteer from home, reach out to the church to see how your skills might help serve.

Make a commitment to fast from insensitive, cruel comments about others.

As a part of your Lenten giving, make a point to learn more about a particular social issue (immigration, human trafficking, racism, the environment, public education, child poverty). Give money to an organization related to your chosen issue that supports the dignity of the human person.

Tap into your creative side and try using coloring as a way to pray and meditate during Lent.

Invite a person who has a different ethnic background from you to share a meal together. Invite them to tell you about their cultural heritage.

Pray for somebody. As you're walking the streets, driving the highways, or waiting for a meeting to start, pick out a person who appears to be in need and pray for that person. Be mindful of the words of philosopher Philo of Alexandria, who said, "Be kind, for everyone you meet is fighting a great battle."

Join FPCD's Prayer Walking Group by staying after a Sunday Service during Lent to pray.

Get to know your neighbors. Introduce yourself, plan a dinner, or bring food to an older person on your block.