

40 Day Lent Challenge

Growing Together Loving God Loving People Serving the World

1 Write some words of encouragement and pin them to a lamppost or to your front window



2 Light a candle in your home for someone and pray for them



3 Have a screen free afternoon or evening. Read a book, or do some exercise!



4 Decorate a memory stone and add it to the cairn of remembrance at church



5 It's chocolate Monday! Give a friend some chocolate!



6 Find out about Fairtrade, choose an item you usually buy that you could swap with a Fairtrade version



7 Recycle – reuse something in your house for another purpose



8 Be generous – give away a toy that someone else would enjoy



9 Draw a thank you banner to someone and pin it to their door (maybe a poster on the school gates for the teachers)



10 Bake/make something and drop to someone you are missing or a neighbour



11 Write an encouraging message to someone – teacher/friend/family



12 Smile at 10 people today :-)



13 Buy a treat for a friend or someone who needs one today



14 Family Hold Back (FHB) – hold back at the meal table for that extra slice of cake or biscuit



15 Make a card for someone you know is unwell



16 Go Plogging! Go for a walk or jog and pick up 10 pieces of litter



17 Write one of your favourite bible verses and share it with someone, maybe make a Canva poster?



18 Say hi to someone outside your usual circle today



19 Go on a prayer walk. Find places to stop by and pray for



20 Make a thank you card/note for a keyworker: postman/nurse/supermarket cashier etc.



Remember Sundays are a day off from the Lent challenge to rest and reflect and thank God for your week!

21 Offer to help with anything at school, church or home



22 Tomorrow is Mothering Sunday: Make a card and plan something kind you can do



23 Be generous with your words: pay compliments today



24 Go online and find out about children who are less fortunate than you (e.g. refugees, asylum seekers or children in modern day slavery)



25 Collect some toiletries or food to donate to a foodbank



26 Help wildlife in your garden – for example put out a bird feeder



27 Make some cakes or biscuits to share



28 Be neighbourly: say hello or drop a card round to one of your neighbours



29 Climate change: what can you do to save energy today?



30 Send someone a message to let them know you are thinking about them



31 What are you really good at? Could you use your talent to help or teach someone else?



32 Have a proper chat! Phone Granny, a cousin or friend you haven't spoken to for a while



33 Give someone a Fairtrade Easter egg



34 Plant a seed – grow something that you can later plant in the garden



35 Write a list of all the things you are grateful for and then decorate the paper



36 Set the table and clear away or do the washing up without being asked



37 Spend less time looking at screens and play board games or share other activities



38 Tidy up your bedroom and change the sheets



39 It's Good Friday! Say sorry first even if you think it wasn't your fault



40 Draw a large heart and write in it all the ways you can show love to someone

