

# 40thingsforlent

Buy something fairtrade every week during lent	Hoover your house	Donate a week's pocket money to charity	Give up all screens (computer/TV) for 24 hours	Pray for your best friend	Read a Psalm everyday for a week	Find out what lent is all about
Pray for the person who find it most hard to get on with	Go without all rich foods (chocolate, sweets, puddings,etc) for 48 hours	Read Luke 4.1-12	Write a list of all the things you find tempting and ask God to help you to resist them as Jesus did	Give 30 minutes of your day for a week to just be with your family	Wash up or empty your dishwasher	Go to <a href="http://www.rejesus.co.uk">www.rejesus.co.uk</a> and read or listen to Jude Simpson's poems about Jesus
Plant some seeds in your garden or a pot	Read a book	Pray for your family	Watch the film <i>The Inconvenient Truth</i> about global warming and climate change (out now to rent or buy)	Write a letter or make a call to someone you haven't spoken to for a while	Read Luke 6.27-42	Make everyone a drink in your family
Take any unused clothes, books, cds, etc to Oxfam	Cheer someone up	Read Luke 9.18-27	Invite friends round for a meal	Go and see the film <i>Amazing Grace</i> (out the 23 <sup>rd</sup> of March)	Pray for the nations of the world	Sign up to the Micah Challenge at <a href="http://www.micahchallenge.co.uk">www.micahchallenge.co.uk</a>
Cook a meal for your family	Pray for the church	Spend 30 minutes a day for a week by yourself to think, pray and listen to God	Visit a church from a different tradition to your own	Make a decision to recycle all paper, cardboard, plastic bottles, tins and cans	Read Luke 15	Give someone a gift
Watch a film about the life of Jesus ( <i>The Miracle Maker</i> is great!)	Read Luke 22.24-30	Go for a walk in the country	Pray for the earth	Do the worst job in your house	Say thank you to five people in your life you are grateful for	Wake up early to see the sunrise