



40 Ideas for Refuge Lent 2014

// Created by the grownups & kids together, inspired by
Nadia Bolz Weber and House for All Sinners & Saints

1. Pray for your enemies
2. Be kind to a stranger
3. Find a place to do your work outside for an hour instead of staying inside
4. Read for 30 minutes
5. Help someone with their homework or work
6. Make room for 15 minutes of silence
7. Disconnect from the internet for the day(s)
8. Give up diet soda and drink water instead
9. Read Matthew 11:28-30
10. Turn off the TV completely for the day
11. Pay a compliment to your cashier
12. Use one of your special gifts to bless someone else (fix something, clean something, cook something, create something)
13. Read Matthew 5:3-10
14. Ask for help
15. Ask a cashier how they are doing and really listen to their answer
16. Compliment someone
17. Don't be judgmental; look at others with eyes of compassion
18. Pass on kindness - in words or deeds
19. Memorize a Bible verse
20. Pray at a meal for those who don't have enough food

21. Expect something good.
22. Give thanks for something unexpected that happens.
23. Give a curb kit or a \$5 fast food card to someone on a street corner
24. Bring someone flowers
25. Go on a walk
26. Don't eat anything sweet
27. Don't turn on your car radio
28. Read Psalm 139
29. Smile at a stranger
30. Call an old friend
31. Forgive someone
32. Light a candle and pray for your friends who are hurting
33. Make a donation, no matter how big or small, to a local non-profit
34. Pay for the coffee for the person behind you in line
35. Make a gratitude list with at least 5 things on it
36. Don't complain about a single thing all day
37. Donate a bag of clothes with stuff you actually like instead of only giving your throwaways
38. Write a positive message on your bathroom mirror with something you really need to hear today
39. Send a friend a card, a good old-fashioned one with a real stamp
40. Pray for your enemies (you've probably made new ones by now) and then decide which of these exercises you want to keep for good

"Lent is not about denial; it's about transformation"

- Christine Sine