



st. vincent de paul's



40 DAY LENT CHALLENGE

As we travel through the 40 days of Lent, we invite you to participate in SVdP's "Lent Challenge". During this time, we are called to deepen our spiritual lives through the practices of fasting, prayer, and alms-giving. Join us in these daily practices that provide nourishment to our **Mind, Body, Heart and Soul.**

Day 1: Reflect on at least 3 things you are grateful for.

Day 2: Make healthy meal choices. Your body is your temple!

Day 3: Lend a hand to someone in need without expecting anything in return.

Day 4: Take 10 minutes to sit in silence with the Lord.

Day 5: Spend time in nature to connect with God's creation.

Day 6: Balance your day between work and rest.

Day 7: Look through your closet for items to donate to SVdP. If you haven't worn it in over a year, someone else will!

Day 8: Make physical exercise part of your daily spirituality - take a 30 minute walk, jog or yoga class.

Day 9: Dedicate the money you spend on coffee (or caffeine) to SVdP to help someone in need.

Day 10: Focus on positivity! When you feel the need to complain, try saying something positive instead.

Day 11: Assess God's action in your life. Write down all of the wonderful ways he has been there for you.

Day 12: Plan a time to give back and volunteer. Schedule a day of helping at SVdP: <http://svdpsm.org/volunteer/>

Day 13: Thank one person you love today. Let them know how they have touched your life.

Day 14: Use your ears and your heart - take time to listen to someone's feelings and support them.

Day 15: Be mindful when shopping this week. Don't buy anything you don't need. Save the money in a jar and donate it to SVdP.

Day 16: Be merciful - forgive yourself and someone else.

Day 17: Put down your phone, skip the TV and spend quality time with yourself, God or family and friends.

Day 18: Be more aware/attentive to the needs of the poor.

Day 19: Abstain from hurtful words about yourself & others.

Day 20: Be mindful of wasting food. Eat only what you need to feel satisfied rather than full.

Day 21: Give Back! Set up SVdP as your charity on Amazon Smile.

Day 22: Go green and consider purchasing reused items from thrift stores before buying an item new.

Day 23: Reduce your energy consumption & turn down the heat!

Day 24: Turn to God on someone else's behalf and pray for them.

Day 25: Close your eyes and ask yourself "What is God inviting me to reassess in my life this Lent?"

Day 26: Spend time doing an activity that feeds your soul, such as hiking, reading, or listening to peaceful music.

Day 27: Instead of texting, pick up the phone & call a loved one.

Day 28: Practice self love. Look in the mirror and find 3 things you like about yourself. See yourself the way God does!

Day 29: Light a candle and reflect on the light of God in your life.

Day 30: Start and end your day with at least 5 minutes of prayer.

Day 31: Perform a small act of kindness. Even if it is simply holding the door open for someone or sharing a smile.

Day 32: Pause before your meals and thank God for the food. Take your time and eat mindfully.

Day 33: Mark your calendar and prepare to attend as many Holy Week Services as possible.

Day 34: Step outside of your comfort zone and challenge any limiting views you hold. Trust God!

Day 35: Turn to Psalm 143 as your mantra: "Teach me to do your will, for you are my God. May your kind spirit guide me on ground that is level."

Day 36: As guided by Pope Francis, give up gossip and criticizing others for Lent. Pray this practice stays with you beyond Lent.

Day 37: Sing out loud! Singing releases happy endorphins. :)

Day 38: Take a picture of something you find beautiful & post it.

Day 39: Spend 20 minutes writing in a journal - it is a great tool for spiritual growth, peace and clarity.

Day 40: Prepare for the Resurrection of Jesus. "Because I live, you will live also (John 14:19)."