

Lenten Challenge
Sharing 40 days of Kindness

- 1. Send a card to a Veteran!**
- 2. Call an old friend.**
- 3. Treat someone to a coffee.**
- 4. Pray for someone you wouldn't consider a friend.**
- 5. Let someone go ahead of you in line.**
- 6. Donate to the local food bank.**
- 7. Decorate a kindness rock & leave it for someone to find.**
- 8. Compliment a stranger.**
- 9. Hold the door for someone.**
- 10. Give blood.**
- 11. Send a funny old photo to an old friend.**
- 12. Say Thank You to a service worker.**
- 13. Give someone a flower.**
- 14. Bring dinner to someone.**
- 15. Make a handmade gift.**
- 16. Wave someone in to merge during traffic.**
- 17. Drop off goodies to the fire department.**
- 18. Give a friendly wave to a neighbor.**
- 19. Pick up litter.**
- 20. Give a plant clipping away.**
- 21. Drop off mittens and hats to a shelter.**
- 22. Leave inspirational notes around.**
- 23. Ask someone how their day is going and listen attentively.**
- 24. Pay for someone's order at the drive-through.**
- 25. Have flowers delivered to someone in a nursing home who doesn't get visitors.**
- 26. Leave extra change at the laundromat, car wash, vending machine.**
- 27. Give old jewelry to someone with a little girl to play dress up with.**
- 28. Shovel snow for a neighbor.**
- 29. Offer someone an opportunity to facetime a loved one.**
- 30. Call a Senior.**
- 31. Support a Local Business.**
- 32. Give a drink, a snack to the homeless.**
- 33. Give away a good book to someone.**
- 34. Give praise to a coworker, volunteer.**
- 35. Offer your skills to someone who could use them.**
- 36. Tell a manager when someone gives you good service.**
- 37. Call a friend and let them know what you appreciate about them or give a compliment.**
- 38. Give your seat up to a senior.**
- 39. Hug the people in your bubble.**
- 40. Be kind to yourself!**

May God Let His Light Shine Upon You And Give You Peace.