



# The Lenten Challenge 2023

*Join the East Side Collaborative Churches (Arlington Hills, Grace, Gustavus Adolphus/Hope and Our Redeemer) for this Lenten challenge!*

*During the season of Lent, many people choose to give up something or do something extra. This year we are challenging you to do both!*

## The Challenge:

- During the 40 days of Lent on the odd days (1, 3, 5, etc.), you will “give up” an item in your home that you do not need or use and put it in a bag. When you do this, take a moment to reflect on God’s blessings in your life.
- On the even days (2,4,6 etc.), we challenge you to do something extra. Read scripture, pray for a specific need, walk, call a friend and more.
- Drop off your bags at your church and the donated items will be delivered to the Alley Shoppe – a free store at Arlington Hills that has provided clothing and household goods to families since 1970.

**Day 1-** Give up something from a kitchen drawer.

Day 2- Pray “Let these 40 days be a way to clear clutter in my heart and mind to see you more clearly.”

**Day 3-** Give up a mug or a pretty teacup.

Day 4- Call someone instead of texting.

**Day 5-** Give a bar of soap.

Day 6- Write a letter to a friend or family member.

**Day 7-** Give up a pair of shoes.

Day 8- Pray 3 times today.

**Day 9-** Choose one book: children’s or adult to donate today.

Day 10- Reflect on John 3:17 *For God did not send his Son into the world to condemn the world, but to save the world through him.*

**Day 11-** Choose an item of clothing from your closet to add to the bag.

Day 12- Listen to or hum your favorite hymn.

**Day 13-** Give up a decoration or a tool from your home.

Day 14- Walk in your neighborhood or home and pray for the community you live in.

**Day 15-** Pick something from the linen closet to put in the bag.

Day 16- Send a message to someone who inspires you and tell them why.

**Day 17-** Look for a kitchen tool you no longer use to donate today.

Day 18- While eating breakfast, pray for those who do not have enough to eat.

**Day 19-** Donate a cake mix or canned frosting.

Day 20- Reflect on your favorite Bible verse and share that verse with a friend.

**Day 21-** Give up a knickknack or decoration that can beautify someone else's home.

Day 22- Pray for someone in your family.

**Day 23-** Put a bar of soap in the bag. Be grateful for soap.

Day 24- Do something kind for the earth: a shorter shower or recycle one additional item.

**Day 25-** Give up a cleaning product.

Day 26- Reflect on Psalm 42:2 *My soul thirsts for God, for the living God. When can I go and meet with God?*

**Day 27-** Choose another book: children's or adult to add to the bag.

Day 28- Today give up evening tv time to rest and listen for God.

**Day 29-** Give up an item of clothing from your closet.

Day 30- Pray "Help me to be patient today."

**Day 31-** Find something in a bedroom drawer, such as socks or a piece of jewelry to give.

Day 32- Reflect on the beauty of God's creation as a morning devotion.

**Day 33-** Give something from the linen closet.

Day 34- Pick someone to pray for every day for the last week of Lent.

**Day 35-** Give up a kitchen tool you no longer use.

Day 36- Pray "God may your light guide my day, and your spirit bring me peace."

**Day 37-** Find a religious item such as a Bible, devotional book, picture that you can give up.

Day 38- Reflect on Colossians 3:2  
*Set your minds on things that are above, not on things that are on earth.*

**Day 39-** Donate a new toothbrush and/or toothpaste

Day 40- Practice being fully present in your day, 3 times today pause and take in a breath, notice what is around you and give thanks to God.

*We hope that you have found this challenge to be a meaningful practice during Lent. A time to reflect, give up and deepen our spiritual lives.*