

Fasting/Adding Ideas for Lent

- Give up (fast from) complaining. Replace it with gratitude
 - Perhaps take time to start a gratitude journal, where you record three things you are grateful for every day during Lent
- Give up (fast from) some form of social media (example – Netflix, TikTok or Instagram). Replace it with spending deliberate time with some type of scriptural reflection/prayer
 - Perhaps use a journal to track what you've been thinking about or praying for.
- Give up (fast from) finding security in the things you own. Replace it with donating one thing every day of Lent - 40 things for 40 days.
 - Each day, spend time affirming that your identity and security come from God alone.
- Give up (fast from) sleeping in. Use the time you have in the morning to go for a walk and spend time in silence with God.
- Give up (fast from) inattentiveness. Instead, find a 40 day devotional to use to help you focus on Jesus.
- Give up (fast from) mindless scrolling on social media. Instead, pick up a good book or your Bible.
 - A good goal is to not look at your phone for an hour after you wake up and/or an hour before you go to bed.
- Give up something you find pleasurable or you think you cannot do without. Allow its absence to remind you that Jesus gave up much for you, and take a moment each time you remember to thank Jesus for his great sacrifice. Here are some possibilities:

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| • screen time | • coffee | • Staying up late |
| • gossip | • desserts | • On-line shopping |
| • complaining | • alcohol | • Being late |
| • self-criticism | • pop | • Speeding |
| • pride | • snacking | • News addiction |
| • worry | • fast food | |
| • YouTube | • Netflix/binge-watching | |
| • games on your phone | • Negativity | |
| • busyness | • Clutter | |