

God is more interested in *who* we are becoming moreso than what we are *giving up*. This Lent, let's think less about sacrificing our stuff and more about surrendering our souls to Jesus.

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Feb 17
ASH WEDNESDAY
 In a journal, write down why this Lenten practice is important to you. This year.
 - Psalm 51:16-17

Feb 18
 Listen for Jesus. Slow down for 10 minutes. Set a timer and just listen. It's OK if you don't hear anything.
 - Matthew 15:10

Feb 19
 Stop doing something that adds anxiety and angst in your life. Commit to avoid it throughout Lent.
 - Psalm 46:10

Feb 20
 Go to an area of your house that gives you stress. For 20 minutes, remove what you do not love. Give, donate or throw away them.
 - Hebrews 13:5-6

Feb 21
 Select a length of time to set your phone aside. (1 hr, 2 hr, 4 hr). Put it away and leave it there for the allotted time.
 - Matthew 13:22

Feb 22
 Who do you compare yourself to? Today, connect more with God rather than compare yourself to others.
 - Psalm 40:5

Feb 23
 Do something that only takes 5 minutes but you have been putting off. Complete this task. Do this every day the rest of Lent.
 - John 15:11

Feb 24
 What is a recent disappointment? Give yourself permission to fail and make mistakes. In God, you are enough.
 - Romans 4:6

Feb 25
 Where do you spend time that isn't rewarding? Commit to let this go and focus on how you can serve God that gives you life.
 - Hebrews 2:4

Feb 26
 Where do you feel God has let you down? You may not resolve it ... but ask God to help you begin to release it.
 - Job 40:9

Feb 27
 Review your finances. How might you use your resources to bless God's kingdom? Make a plan today.
 - 1 Cor. 9:12

Feb 28
 Play a deeply meaningful song or hymn today. Listen carefully to the words. Why are they so important to you?
 - Psalm 13:6

Mar 1
 Name an area of your life where you are stuck. Be OK with this. Let the uncertainty nourish and strengthen you.
 - Psalm 55:22

Mar 2
 Identify the truly essential things in your life. Begin to let the non-essential things that take up so much time and energy go.
 - Hebrews 12:10

Mar 3
 In what area of your life are you critical of yourself? Choose to be less critical and focus on gifts, not areas for improvement.
 - 2 Cor 8:12

Mar 4
 What life season are you in right now? Before running into the next one, consider what you learning in the one you are in.
 - Eccel 3:1

Mar 5
 What is something from your past that continues to haunt you? Can you release yourself from this boulder?
 - Matthew 6:14

Mar 6
 Spend time in your pantry. Pick out your favorite foods and donate to someone or a food pantry. Give your best - not leftovers!
 - Isaiah 58:7

Mar 7
 Make a list of all the people you know who are struggling right now, for whatever reason. Pray for all on this list.
 - James 5:16

Mar 8
 Where and when do you embellish or enhance the truth? Be honest with yourself and challenge yourself to refrain from this.
 - Proverbs 12:13

Mar 9
 Inside your email inbox, unsubscribe from senders that aren't necessary and are draining. Celebrate those who bring you joy.
 - Genesis 35:2

Mar 10
 Who is critical of you? Rather than changing their mind, how can you change yours and accept the your feelings?
 - Proverbs 15:31

Mar 11
 How has God been sharing with you God's desires for your life? Have you been missing something?
 - Mark 4:24a

Mar 12
 Where can you allow yourself to just be OK? Not have to be the best? Speak to yourself about this.
 - Philippians 3:12

Mar 13
 Pull out 10-20 items in your closet that don't fit, you don't like or you don't wear. Donate or give to someone who can use.
 - Luke 12:27

Mar 1
 Contact someone who is struggling. Pray for them, whether on the phone, in person or via a card. Be God's spirit today.
 - Acts 2:42

Mar 15
 What does being a soul minimalist mean to you? Where can you minimize your should to focus more on what's important?
 - Luke 12:34

Mar 16
 Add your phone numbers to the Do Not Call list. Remove your name from unsolicited mail lists.
 - 2 Cor 8:15

Mar 17
 Who is someone you are withholding love from? Why? How can you express love to them?
 - Romans 5:6

Mar 18
 It's easy to mix vanity with values. Where does vanity take over your values? How can you release vanity?
 - Psalm 119:37

Mar 19
 How do you escape when the world feels overwhelming? What do you do? Can God fill some of this void?
 - James 1:14

Mar 20
 At the gas station, a drive through or the grocery store, pay something towards someone's bill ... because you can.
 - Matthew 5:16

Mar 21
 Grant yourself extra space to simply rest today. Let your soul catch up to your body. Be OK with this.
 - Psalm 16:9

Mar 22
 Walk outside if possible. See the beauty of creation around you. Celebrate the master designer's skill. Drink it all in.
 - Luke 12:28

Mar 23
 Celebrate someone who gives you joy and life! Praise God for their place in your life.
 - Psalm 98:6

Mar 24
 Who does your heart long for in this moment? Focus not on results but what you yearn for. What do you hear?
 - Job 22:22

Mar 25
 What do you need to forgive yourself of? Give yourself grace as you would another person.
 - Romans 6:1

Mar 26
 Pick something that you love to do but seldom find time to do. Spend a few minutes enjoying this.
 - James 1:17

Mar 27
 Choose to fast a meal today. Use the funds for the cost of a meal to feed a hungry person today.
 - Matthew 25:37-40

Mar 28
 Select something to refrain from this week (a food, TV, etc.) as a simple way to honor Christ's ultimate sacrifice for you.
 - Luke 19:40

Mar 29
 Recall when you made a difficult choice. Would you still make this same choice today? Why or why not?
 - Luke 2:42

Mar 30
 Drape a black cloth in your house as a symbol of how quickly people abandoned Jesus. Ask for forgiveness when you've left him.
 - Luke 22:4

Mar 31
 What relationship is very draining for you. Commit to try and resolve or put your energy elsewhere. Give it completely to God.
 - Luke 22:1-2

Apr 1
MAUNDY THURSDAY
 Who is someone you know that has a servant's heart? "Wash" their feet today by sharing how their service affects you.
 - John 13:5

Apr 2
GOOD FRIDAY
 What is something you can surrender just for today to acknowledge Christ's surrender just for you? Refrain from this today.
 - Luke 23:46

Apr 3
 Write a prayer asking God to help you decrease the unnecessary and increase the important. Sit in the tomb until Easter.
 - John 19:41-42