

40 Lenten Resolutions: Have a Joy-filled Lent!

*"Come near to God, and he will come near to you.
Cleanse your hands...and purify your hearts." James 4:8*

1. Spend time every day, thanking God for sending his Son.
2. Ask for the graces you lack, daily.
3. Spend time discovering a hero's faith through a biography or their writings.
4. Give up any unhealthy habit that keeps you from becoming closer to Christ.
5. Get more involved in the congregation; find out where help is needed and become that help.
6. Call or write to a friend with whom you have lost touch, thanking the person for being a blessing in your life.
7. Resolve to sing loudly if not well, at services, with joy and reverence.
8. Host someone for a meal. Discuss your faith.
9. Write a letter to a political leader about a faith-related issue.
10. Give a financial gift to someone you know is in need.
11. Contribute to a Christian ministry.
12. Comfort the mourning with food, presence and prayer.
13. Clear out the closets of excessive clothes or toys that can be donated to charity.
14. Invite someone to worship with you, and to share a meal afterward.
15. Plan meatless meals.
16. Give up a time fritterer—surfing the net, shopping, television, telephone.
17. Pray about and seek reconciliation with estranged family and friends.
18. Pray daily for the souls in suffering.
19. Visit the sick, the elderly or the imprisoned.
20. Fast from the cell phone or computer for scheduled time windows.
21. Fast from certain television/entertainment screens or programming.
22. Match extra spending in charitable giving.
23. Refresh yourself in the Catechism.
24. Adopt a daily examination of conscience and confession.
25. Offer up the most hated chore you have to God, performing it with a cheerful heart.
26. Say "I love you" daily to each person in your family.
27. Refrain from unpleasant, catty or snarky comments—even in your head.
28. Abstain from a favorite activity like Instagram, Snapchat, Facebook, or Twitter.
29. Go to the gym or exercise regularly as an offering.
30. Write to a friend about your faith.
31. Volunteer for Meals on Wheels or some other service activity.
32. Add a new prayer time to your daily schedule.
33. Begin reading the Bible or a devotional.
34. Fast from fast food or a particular food.
35. Share a Bible verse, a devotional thought or a spiritual question daily with a friend or with your family.
36. Read one Psalm per day.
37. Fast from using credit cards.
38. Read one chapter from a Gospel per day (You will finish two Gospels by Easter).
39. Fast from caffeine.
40. Go to Lenten Worship weekly.

Adapted from <https://www.ncregister.com/blog/antonetti/40-lenten-resolutions>