

Pray for a friend	Go for a walk	Clean out your closet and donate what you don't need	Read to someone	Be kind to someone you don't know	Make treats and deliver to someone who is lonely	Plant something
Go for a walk with a friend	Donate to an animal shelter	Pray for a neighbor	Recycle	Hug someone	Buy/donate a book to a child	Journal
Volunteer	Pray for a relative	Read to someone	Drink only water for a day	Exercise for 20 minutes	Do something that makes you sweat!	Give to Ruth Dollars
Exercise for 20 minutes	Thank someone for the job they do	Do something outside your comfort zone	Pray for a church member	Compost	Exercise for 20 minutes	Tell a relative why you love them
Donate to a food bank	Buy someone coffee/lunch/dinner	Say only positive things for a day	Teach someone	Pray for your community	Mail a card to someone long distance	Learn something new
Pay for a child to go on a field trip	No soda or sweets for 1,2, 3 days or more!	Exercise for 20 minutes	Tell a friend why you love them	Take a class	Pray for your family	Make dinner conversation about being thankful

Adult Lent Challenge!

Starting Ash Wednesday until Easter do as many as you can. Try for five a week. Mark them off as you go. Look for ways to win in the bulletin. Share pictures of you and your family participating by using the #crossingHispath! Thanks for playing!