

Pray for a friend	Drink extra water	Go for a walk with a friend	No sweets for a day	Buy a kid a book	Pay it forward	Pray for another family
Send a card to someone you haven't talked to in awhile	Pray for a neighbor	No sugar drinks for a day	Exercise	Tell a friend why you like them	Sit outside and pray	Make a prayer chain
Thank someone who doesn't usually get thanked!	Donate old books	Pray for your community	Give to Ruth Dollars	Ask someone new to join you for lunch/coffee	Give to a charity that means something to you	Find a Bible verse you like and memorize it
Exercise	Turn off the TV and read	Thank your pastor	Pray for your family	Exercise	Do something you have never done before	Recycle
Get up every commercial and stretch	Exercise	Read a new book	Plant something	Pray for your church	Hug a friend	Exercise
Call a friend to just say hello	Say something positive to someone	Recycle	Laugh until your belly hurts	Do something for someone else	Pray for someone hurting	Pay for a child to go on a field trip

## **Older 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. Ask someone to take your picture and share it using the #crossingHispath! Thanks for playing!**