



40 DAYS OF SERVING LENT 2026

FAMILY

1. Complete a chore that's usually done by someone else
2. Send a text or email of encouragement
3. Bring home flowers
4. Call a family member you haven't spoken to in a while
5. Help with homework or teach a new skill
6. Offer your full attention without checking your phone
7. Share a compliment about a family member in front of them to someone else
8. Put a note in a family member's lunch
9. Forgive a family member you've been holding a grudge against
10. Pick up dinner for your household on the way home from school or work

FRIENDS & NEIGHBORS

1. Double a recipe and share it with a neighbor or friend
2. Mail a "Thinking of You" card to a friend
3. Take a friend out for coffee
4. Bring in a neighbor's trash can
5. Shovel a neighbor's sidewalk or sweep their sidewalk
6. Bring something you made yourself to a neighbor
7. Offer a friendly visit to a neighbor or friend who is lonely
8. Offer to pick up groceries
9. Offer free babysitting for a young couple
10. Walk a neighbor's dog

YOUR COMMUNITY

1. Donate food to a local pantry
2. Make Blessing Bags filled with essential need items for homeless neighbors
3. Leave a thank you note for your mail carrier
4. Donate a bag of gently used clothes to a thrift store
5. Volunteer at a favorite nonprofit
6. Serve meals at a soup kitchen
7. Send a care package to a soldier
8. Bring flowers to a nursing home
9. Pick up litter while walking
10. Make and deliver homemade cards to residents at the local Veterans Home

VOLUNTEERS IN SERVICE

A STRANGER

1. Pump and pay for a stranger's gas
2. Offer a verbal blessing, "The Lord bless you today"
3. Offer a smile in a tough situation
4. Hold the door open for the person behind you
5. Offer to pray with someone
6. Buy a coffee for the next person in the drive thru
7. Offer to put someone's shopping cart away for them at the store
8. Let the person behind you in the checkout line at the store go first
9. Tell a manager about the great customer service provided by their staff member
10. Make a positive or uplifting comment on a website or blog