

# 40 Days of Awakening

◆ Plant a tree, a bush, or a prairie  
◆ Make someone laugh ◆ Say, “I’m sorry” Mean it ◆ Try not to waste anything for one whole day  
◆ Join neighbors in a clean-up project ◆ Share with someone how you pray ◆ Ask God to do what is best for the public person you dislike most ◆ Send a crocus

to someone from whom you are estranged ◆ Cement a friendship ◆ Be patient with others ◆ Call someone who is lonely ◆ Help without being asked  
◆ Resist trying to be the center of attention ◆ Be a shoulder to cry on ◆ Go to a lecture, hear a concert, see a play ◆ Make daily prayer a habit ◆ Refuse to gossip ◆ Refuse to whine ◆ Readily forgive anyone who hurts you ◆ Surprise yourself ◆ Advocate on behalf of social issues such as affordable housing ◆ If you love someone, say so ◆ Make sure your financial investments are socially responsible ◆ Thank God for the gift of life ◆ Pray for a friend ◆ Pray for an enemy ◆ Visit a church you pass regularly ◆ Visit a shut-in ◆ Give away all your “extras” ◆ Listen to understand others’ points of view ◆ Find out what a dollar will buy in Peru or Zambia ◆ Recognize the truth about yourself—no matter how

good it is ◆ Be a peacemaker at work ◆ Talk with a person a generation older or younger  
◆ Affirm a colleague’s work  
◆ Refuse to judge or categorize others ◆ Be a sign of hope for someone who is depressed  
◆ Spend some silent time alone  
◆ Imagine peace ◆ Examine your conscience ◆ Love more

# LENT 2019