

40 THINGS TO GIVE UP FOR LENT THAT AREN'T CHOCOLATE*

Ash Wednesday and the beginning of Lent are a few days away. Many of us think about something to “give up” during Lent. Unfortunately, these things often have little impact upon our life and walk with Christ.

With that said, consider the following list of “40 things to give up for Lent.” You won’t find the typical things like soda or chocolate or alcohol. These are things truly worth giving up. There is one for each day of the season. Not only are these things worth giving up for Lent, but also for the rest of your life. Even if you only put a few of these ideas into action, you might be surprised how your life will change.

1. **Fear of Failure** – You don’t succeed without experiencing failure. Just make sure you fail forward.
2. **Your Comfort Zone** – It’s outside our comfort zones where new discoveries are made.
3. **Feelings of Unworthiness** – You are fearfully and wonderfully made by your creator. (see Psalm 139:14)
4. **Impatience** – God’s timing is the perfect timing.
5. **Retirement** – As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. Our work is not always tied to a paycheck.
6. **People Pleasing** – I can’t please everyone anyways. There is only one I need to strive to please.
7. **Comparison** – I have my own unique contribution to make and there is no one else like me.
8. **Blame** – I am not going to pass the buck. I will take responsibility for my actions.
9. **Guilt** – I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.
10. **Overcommitment** – Do less better and accomplish more.
11. **Lack of Counsel** – Wise decisions are rarely made in a vacuum.
12. **Impurity** – Live life pure and without blemish.
13. **Entitlement** – The world does not owe me anything. God does not owe me anything. I live in humility and grace.
14. **Apathy** – Life is too short not to care.
15. **Hatred** – Do not be overcome by evil, but overcome evil with good (Romans 12:21).
16. **Negativity** – I will put the best construction on everything when it comes to other people. I will also minimize my contact with people who are negative and toxic.
17. **The Spirit of Poverty** – Believe that with God there is always more than enough and never a lack.
18. **Going Through the Motions** – The more you invest yourself, the more you will get back.
19. **Complaint** – Instead of contributing to the problem, be the solution.
20. **The Pursuit of Happiness** – God wants something greater and more lasting than happiness. It is called joy.
21. **Bitterness** – The only person I am hurting by holding on to this is myself.
22. **Distraction** – Life is filled with distractions that will take our eyes off the prize.
23. **Giving up** – God never gives up on us.
24. **Mediocrity** – If you are going to do something, then give it all you got.
25. **Destructive Speech** – Encourage one another and all the more as you see the day approaching.
26. **Busyness** – It is a badge of honor to be busy. But that does not always translate to abundance.
27. **Loneliness** – With Jesus I am never alone. He is with me wherever I go.
28. **Disunity** – If two of you agree on earth about anything, it will be done for them by the Heavenly Father.
29. **The Quick Fix** – Rarely does true transformation happen overnight.
30. **Worry** – God is in control and worrying will not help.
31. **Idolizing** – Don’t assign anyone a standard they cannot live up to.
32. **Resistance to Change** – Change is certain. It is not if we will change, but how we will change.
33. **Pride** – Blessed are the humble.
34. **Small View of God** – Don’t tell God how big your problem is, tell your problem how big your God is.
35. **Envy** – I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
36. **Ungratefulness** – You have been blessed in a way greater than you realize.
37. **Selfish Ambition** – God has a mission for me that is bigger than me.
38. **Self-Sufficiency** – Jesus is my strength. I can do all things through him (see Philippians 4:13).
39. **Sorrow** – Weeping may tarry for the night, but joy comes in the morning (Psalm 30:5b).
40. **My Life** – Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life (John 12:25).

* “40 Things to Give Up for Lent: The List” by Rev. Phil Ressler. For a link to Ressler’s book, visit <https://www.greaterthings.today/40-things-to-give-up-for-lent-the-list/>.

SMALL FAITH SHARING GROUPS OFFERED BY ST. ELIZABETH FOR LENT 2020

Tuesdays, March 3 – April 7th, 4:15pm to 5:45pm

Leader: Sharon Finley

Place: The “Little House” next door to the church

Drive Thru History: THE GOSPELS: The Extraordinary Life of Jesus of Nazareth.

In this video and study course, host Dave Stotts presents the story of Jesus from the locations recorded in the Gospels of Matthew, Mark, Luke and John. Dave travels to over 50 ancient sites in Israel to deliver the Gospels in a fresh and compelling way.

This series delves into the history, archeology, geography and art surrounding the birth, ministry, death and resurrection of Jesus, and takes you to the actual places where Jesus traveled and taught.

For more information: <https://www.drivethruhistory.com/thegospels/> or call Sharon Finley @ 503-503-344-6005

Wednesdays, March 4 – April 8th, 7:00pm to 8:30pm

Leader: The O’Scaannlains

Place: 3919 SW Mt. Adams Dr. Portland 97239 (O’Scaannlain’s home)

Bishop Barron’s Word on Fire: *CONVERSION: Following the Call of Christ*

This video and study program highlights the conversion stories of six biblical figures who radically changed their lives by following Christ’s call. Bishop Robert Barron illuminates six biblical stories of conversion, demonstrating how six ordinary people, were met by Jesus where they were and called to a better life through him. The common theme in each story is the turning of all one’s attention and energy toward an ever deeper, personal relationship with Jesus Christ.

Stories include Bartimaeus-The Man Born Blind, The Rich Young Man, The Calling of Matthew, Jonah, The Woman at the Well, and Journey of the Magi.

For more information: <https://www.wordonfire.org/study-programs/conversion/> or call Maura O’Scaannlain @ 503-228-0537

If you are unable to attend either of these groups and have a computer, consider:

Dynamic Catholic Video Series: BEST LENT EVER by Matthew Kelly
Available at : <https://dynamiccatholic.com/best-lent-ever>

AND

Bishop Robert Barron’s DAILY GOSPEL REFLECTIONS
Available at: <https://dailycatholicgospel.com/sign-up-daily-gospel>