



15 Meaningful
Things to Give Up for
Lent (besides
chocolate)

Lent is a time to grow, a time to strengthen your relationship with God.

May the peace of the risen Christ remain in your heart all year long!

#1: Give up your daily Starbucks or Dunkin Donuts.

Do you love to stop by Starbucks (or another local coffee shop) in the mornings?

#2: Give up lunch or breakfast or snacking.

Not sure you can take on a big fast? Try a mini-fast. Skip breakfast or lunch once or twice a week. Try picking a day each week that you will not eat between meals.

#3: Give up Facebook or Instagram

Do you spend a lot of time on social media? Constantly checking the latest updates on Facebook or Instagram or Snapchat?

Give that up for Lent. Delete the app from your phone, so you're not as tempted.

Instead of checking your feed each morning, spend 10 minutes each day keeping a gratitude journal.

#4: Give up 30 minutes of sleep

Feel stretched for time for prayer and Bible study? For the season of Lent, commit to waking up at least 30 minutes earlier.

Set your alarm and spend that extra 30 minutes with God before the rest of your house is up. Consider a [daily devotional](#) to guide your time of study and prayer.

#5: Give up TV on Saturdays

How do you spend your weekend? Do you find yourself binge-watching Netflix?

Try giving up TV on Saturdays (or all weekend) and instead spend that time volunteering to help others. Since that is difficult during the pandemic try doing something nice for someone. Call a grandparent, do extra chores around the house, help a sibling, go out of your way to be kind to others.

#6: Give up U-Tube or i-tunes.

Do you spend a lot of your day watching videos or listening to music?

Try spending some of that time in prayer.

#7: Give up discretionary spending

Each time you're tempted to spend money on something that isn't a true NEED, say no.

Instead, set aside the amount you would have spent. At the end of Lent, donate the money you've saved by putting it in your rice bowl.

#8: Give up yelling or arguing

Do you find yourself losing your temper and yelling or arguing – to your parents, to your friends, to others?

Make a practice to be intentional about giving up yelling for Lent. Ask those close to you to be your accountability partners.

Each time you feel yourself start to yell or argue, be intentional about quieting your voice and saying only kind words.

#9: Give up your favorite TV shows during the week

Do you love to kick back after school and watch a favorite TV show (or 3 or 4)? Or, maybe your TV is always on watching the news or sporting events?

#10: Give up resentment and anger

Has anger or resentment made a home in your heart? Lent is a great time to send them packing!

Spend the 40 days of Lent in prayer to forgive and let go of the anger and resentment. Dig deep with God over the sources and ask his help to heal your heart.

#11: Give up mindless social media

Don't think you can give up social media altogether? Then make it a more intentional and prayerful experience.

Instead of mindlessly scrolling through your feed, pause over each post and picture to [pray over the person or headline you see](#).

#12: Give up comfort foods

Where do you find comfort on the hard days? Do you reach for the ice cream, cookies, chips or fried food?

Give up these comfort foods and instead look for comfort in God alone. Seek God through prayer and scripture.

#13: Give up focusing on yourself

Have you been in a season of focusing on yourself and your needs? Maybe your prayers have been centered on a need in your life or you've slipped into a self-focused season?

Give up focusing on yourself for Lent, and be intentional about devoting your time and prayers to others.

#14: Give up 20 minutes at the end of the day

Stay up a little bit later or cut out 20 minutes of some other evening activity to spend time in prayer before bed.

Commit to the spiritual practice of the [Examen prayer](#), a daily debrief with God to review your day. Google the Examen prayer.

#15: Give up negative talk or gossip.

Try to catch yourself when you start to say something negative about someone. Look at that negative text before you send it and have the courage to delete it.