

# Lenten Season 2026 • 40 Acts of Kindness

## “THE JOURNEY TO THE CROSS” PHILIPPIANS 3:8

### Kind

- Day 1: Psalm 51:10  
Pray for a clean heart; Ask God to renew your spirit; Release one unhealthy habit
- Day 2: Luke 9:23  
Skip a personal indulgence and donate the money to someone in need
- Day 3: 1 Thessalonians 5:18  
Fast from complaining and speak words of gratitude
- Day 4: Proverbs 19:17  
Give away clothing you love to someone who needs it more
- Day 5: St. Matthew 6:6  
Turn off social media for the day and spend that time praying for others
- Day 6: Galatians 6:2  
Sacrifice convenience to help someone
- Day 7: Romans 12:13  
Prepare a meal for someone without being asked
- Day 8: Isaiah 58:7  
Give up eating out and bless a ministry, a shelter or a family
- Day 9: St. Matthew 6:3-4  
Give anonymously to meet a need

### Compassionate

- Day 10: James 1:19  
Give time to listen without interrupting
- Day 11: Philippians 2:3-4  
Choose humility over being right
- Day 12: Proverbs 15:1  
Replace harsh words with gentle speech
- Day 13: Colossians 3:12  
Stand with someone who is hurting
- Day 14: Romans 12:10  
Offer your seat, space, or place to another
- Day 15: St. Luke 22:42  
Release a personal worry to God
- Day 16: St. Matthew 5:23-24  
Apologize first
- Day 17: Ephesians 4:32  
Forgive someone who hurt you
- Day 18: Psalm 139:23-24  
Ask God to search your heart
- Day 19: Proverbs 3:5-6  
Acknowledge God in all of your ways
- Day 20: Romans 12:2  
Step away from negativity and focus on Scripture



### Generous

- Day 21: 1 John 1:9  
Admit a mistake and seek forgiveness
- Day 22: 2 Corinthians 5:18  
Reconcile a strained relationship
- Day 23: Leviticus 19:32  
Call or visit a senior
- Day 24: Philippians 2:4  
Help with a difficult task
- Day 25: Romans 14:19  
Choose peace over argument
- Day 26: St. Matthew 5:44  
Pray for someone you disagree with
- Day 27: Galatians 6:1  
Call someone who has drifted
- Day 28: Mark 10:45  
Volunteer at church or in the community
- Day 29: Hebrews 13:3  
Call someone who feels forgotten
- Day 30: 1 Thessalonians 5:11  
Write a note of encouragement
- Day 31: Romans 12:15  
Visit or care for someone grieving or sick

### Humble

- Day 32: St. Luke 10:33-34  
Help a neighbor without being asked
- Day 33: Proverbs 22:6  
Encourage a young person
- Day 34: James 5:16  
Pray with someone in distress
- Day 35: Colossians 3:23  
Serve quietly behind the scenes
- Day 36: Jeremiah 29:7  
Support a local business or worker intentionally
- Day 37: Micah 6:8  
Advocate for justice and mercy
- Day 38: St. Luke 14:23  
Invite someone to worship or Bible study
- Day 39: Revelations 12:11  
Share your testimony
- Day 40: St. John 13:34-35  
Perform a quiet act of love in remembrance of the Cross

**Lent is a 40-day spiritual journey** (excluding Sundays) beginning on Ash Wednesday and leading to Resurrection Sunday. It is a time of reflection, repentance, renewal and preparation. It mirrors the 40 days Jesus spent in the wilderness (Matthew 4:1-11) and moves us intentionally toward the cross.

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