

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.

Union Bethel AME Church — 8615 Church Lane — Randallstown, MD 21133
Rev. Raymond. F. Edmonds, Jr., Pastor
www.unionbethelamec.org