

LENT 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
09 Courage to grow in faith	10 Write a letter to someone who made an impact on your Christian journey	11 Read an entire book of the Bible	05 Take flowers to your local healthcare service – such as a GP or hospital	06 Consciously spend less time on your phone to be more present in the moment	07 Learn the name of someone you see every day such as a security guard or receptionist	08 Give a homemade gift to neighbour
16 Courage to step into the unknown	17 Do something today that is out of your comfort zone	18 Try a new food or exotic delicacy	12 Share your testimony with someone	13 Tune in to Salvationist Radio on your daily commute	14 Write an encouraging Bible verse on the mirror to yourself	15 Connect with a community of believers – at your church, online, or somewhere new
23 Courage in the face of opposition	24 Choose ethically sourced food such as Tony's chocolate	25 Tune in to Salvationist Radio on your daily commute	19 Spend time trying a new type of exercise	20 Look for a new learning opportunity	21 Write a list of your best traits and why you're proud of yourself	22 Look into local volunteering options that may be new to you
30 Courageous Women	31 Make a card with your favourite bible verse and give it to an important woman in your life	01 Reach out to a friend who you haven't spoken to in a while	26 Try and have a vegetarian or vegan day	27 Put your favourite Bible verse on social media	28 Smile and say hello to five strangers	29 Pay it forward – buy a coffee for someone in the queue
06 Courage to live counter-culturally	07 Try walking, biking or using public transport instead of the car	08 Take a reusable cup when you go to a coffee shop	02 Donate something you don't use to a local charity shop	03 Leave a post-it note with encouragement for someone to find such as in public bathrooms	04 Allow someone go in front of you at the checkout	05 Run an errand for a family member or friend who is no longer able
13 Palm Sunday Courage to follow God's call	14 Offer to rake the leaves or mow the grass for someone who may struggle	15 Invite someone to come to an Easter event at your church	09 Try and have a waste free day – recycle and don't use the bin	10 Donate old blankets to animal shelter	11 Try to find eco-friendly ways to clean today	12 Plant some wildflower seeds
20 Easter Sunday Courageous Love			16 Tell someone you meet today that Jesus loves them	17 Take time to apologise to someone who you may have hurt	Good Friday Create/share a social media post about the meaning of Good Friday	19 Write a journal entry or poem about what the love of Christ means to you

40 DAYS OF COURAGE

