

40^{of} DAYS Blessing

Add a ✓ as you complete each one.

Here are 40 acts of blessing for you and your family to do during Lent.

Saturday's are marked with a circle and remind you to also take time to reflect on where God has been during the week amongst your acts of blessing.

There are no acts for Sundays - The 40 acts of Blessing through Lent is calculated with Sundays being days of rest.

1 Make your own 'Generosity Kit'. Add a notebook & pen, gold coins, sticky notes. Pray for opportunities to be a blessing.	2 Tell a friend something you really like about them.	3 Go for a walk and pray for your neighbours. Ask God to bless them.	4 Phone a friend and invite them over for a meal.
5 Leave a note on your post box for the postie. Tell them you appreciate their work.	6 Make someone laugh!	7 Go to the supermarket and buy a chocolate bar. Give it to a stranger.	8 Make a 'Take a Compliment' poster with tear off messages & put it somewhere for people to see. ★
9 Leave something nice on a neighbours doorstep, ring the bell & run!	10 Wash someone's car for free.	11 Intentionally smile at as many people as you can today. Record the # in your notebook.	12 Spend a period of time LISTENING to the Holy Spirit about what He would like you to do today.
13 Write a letter to someone and thank them for being a part of your life.	14 Invite others to join you in giving to a specific charity or community need.	15 Send a card to someone encouraging them with a verse from the bible.	16 Volunteer some time to help at a charity or to help someone in need.
17 Secretly write a nice message in chalk on someone's driveway or door step.	18 Bake a cake and share it at work, school or somewhere with friends.	19 Go for a walk and pray for the neighbourhood - maybe do this with another person.	20 1/2 Way! Come up with your own unique way of blessing someone today.
21 Take some time to spend with someone you don't know very well.	22 Invite someone on a walk to experience something of God's creation.	23 Go and visit someone, take ice-cream or yummy slice to share.	24 Send an email or text to 5 people asking how you can best pray for them today.
25 Intentionally smile at as many people as you can today. Try to smile at more people than last time & say hi.	26 Write a fun or encouraging message and stick it to your car where everyone can see.	27 Invite someone to come to Church with you on Sunday	28 Make something to give away - baking, picture, art etc... and give it away.
29 Print some "I'm praying for you today" cards and put them under car wipers. Pray for them. ★	30 Find some cloths, toys or items to donate to a charity.	31 Send a thank you note to someone who serves the community.	32 Make another 'Take a Compliment' poster & put it somewhere for people to see. ★
33 Give some flowers & maybe a card to someone who needs encouragement.	34 Host a movie night and invite some people who have never been to your house.	35 Repeat a blessing! Pick a blessing that worked well and do it again.	36 Visit or spend time with someone and ask about their life. Maybe offer to pray for them at the end.
37 Cook dinner for someone and deliver it. Tell them its because they're great!	38 Invite someone to attend an Easter service with you.	39 Write some encouraging Post It Notes and leave them where people will see.	40 Read through your notebook and be blessed by how you have been a blessing.

Be flexible. Make this challenge work for you and your family. If you are unable to complete one of the 40acts, either be creative and modify it to suit, or pick another one on the list. If you are unable to complete an act on a particular day you may decide to move on, or possibly do two another day to catch up. You even like to mix up the order to better suit you and your family.

Use your notebook to record what you do each day. Maybe record how you are blessed by blessing others, where was God at work, how you were surprised by an outcome, what you might do differently next time.

★ Resources available to help you with these... "Take a Compliment" posters and "I said a prayer for you today" cards.