1. Start a giving jar Fill your jar with loose change or Post-it notes of ideas of ways you can give later on. *Pray for the work of Columbia Dream Center and the Hempfield Area Food Pantry.* **Reading: Luke 6:38**	**2. Compassion** Note down two or three people who you know are struggling at the moment and commit to pray for them daily. *Pray for those who have lost loved ones.* **Reading: Colossians 4:2**	**3. Share a smile** Do something today to make someone else smile or laugh. *Pray for our church family.* **Reading: Galatians 5:22-23**	**4. Write a letter to a friend** It's always nice to get some happy mail. Write a letter or a card to send to a friend. *Pray for those who are feeling lonely or isolated.* **Reading: Proverbs 25:25**	**5. Get an early night** We all feel better for a good night's sleep. Make sure you get an early night tonight. *Pray for faith leaders.* **Reading: Matthew 11:27-29**
6. Sticks and stones Are there words that you need to hold back at times? Make a conscious effort today to keep unkind words in check. *Pray for those facing discrimination* **Reading: James 3:9–10**	**7. Pray through the news** Take a few minutes to focus on the news and pray for the areas of need that arise. *Pray for areas where there is conflict.* **Reading: Philippians 4:6**	**8. Do something creative** Write a poem, paint a picture, do some crafts. Take a few moments to do something creative today. *Pray for our government.* **Reading: Hebrews 10:24**	**9. Re-use and recycle** Can you reduce your waste by reusing items or ensuring you are recycling as much as you can? *Pray for those facing natural disasters.* **Reading: John 6:12**	**10.No complaints** Can you go a whole day without complaining? *Pray for those who are struggling with their mental health.* **Reading: Proverbs 16:24**
11. Comfort Is there someone you know who could do with a few words of comfort today? Let them know they are in your thoughts today. *Pray for those who are awaiting test results/diagnoses.* **Reading: 2 Corinthians 1:3-4**	**12. Tread lightly** Find one way that you can reduce your carbon footprint and help to slow down climate change. *Pray for areas affected by climate change.* **Reading: Psalm 24:1-2**	**13. Go meat-free for a day** Reducing our meat consumption is one way we can help the planet. Can you go meat-free for a day or commit to doing so regularly? *Pray for those who produce our food.* **Reading: Matthew 6:25-26**	**14. Encourage others** Our words have immense capacity for good. How can we use them to encourage someone today? *Pray for our school counselors.* **Reading: 1 Thessalonians 5:11**	**15. Listen to something uplifting** Put on some music that you love or listen to an uplifting radio show or podcast. *Pray for those who feel lost.* **Reading: Psalm 57:7**
16. Switch off Switch off the phone or the TV and take the time to really focus on the people and things around you. *Pray for those who work for Emergency Services.* **Reading: Luke 10: 38-42**	**17. Under the weather** Send a text or a card to someone who is ill to let them know that you are thinking of them. *Pray for those who are in hospital.* **Reading: Matthew 25:37-40**	**18. Think before you shop** Consider shopping from local businesses, ethical traders or from small online sites where possible. *Pray for shop workers.* **Reading: Matthew 6:21**	**19. Listen** Make a conscious effort to remove distractions when someone is talking to you and really listen. *Pray for those in the armed forces.* **Reading: Proverbs 18:13**	**20. Be still** Take a few moments to sit quietly in prayer or meditation. *Pray for those seeking to grow in faith.* **Reading: Luke 5:16**

40 Acts of Kindness

This Lenten challenge, in Wayside's 40th year of groundbreaking, features 40 acts of kindness (including acts of self-kindness) with a Bible verse and a prayer focus for each. Each act is numbered, however, they do not have to be done in any particular order.

21. Gratitude Write down three things that you are grateful for today. *Pray for healthcare and public safety workers.* **Reading: 1 Thessalonians 5:16-18**	**22. Phone a friend** Pick up the phone to someone you haven't spoken to for a while. *Pray for those in care homes away from family.* **Reading: Colossians 3:12**	**23. Donate to the food bank** Add a few extra items to your shopping basket or donate online to the food bank. *Pray for those who are hungry.* **Reading: Matthew 14:13-21**	**24. Be mindful** Stop and be fully present in the moment. Listen to the birds, really taste that sip of coffee or tea. *Pray for our our planet and natural resources.* **Reading: Psalm 46:10**	**25. Food for thought** Take a look at your shopping list and see if you can swap anything for something produced locally or a Fairtrade product. *Pray for the homeless.* **Reading: James 5:4**
26. Go the extra mile Go a little further when it comes to encouraging someone, surprising someone or praying for someone today. *Pray for refugees and asylum seekers.* **Reading: Matthew 10:42**	**27. Make a stand** Sign a petition or write a letter to your local elected leader about an issue that you care about. *Pray for those who live in fear.* **Reading: James 2:14–18**	**28. Reconciliation** Are there any relationships in your life which need restoring? Pray over them and take a step towards reconciliation if you can. *Pray for mending of broken relationships.* **Reading: 2 Corinthians 5:17-19**	**29. Inner voice** We are often our own harshest critic. Write down three things that you like about yourself. *Pray for teachers and students.* **Reading: John 15:9**	**30. Prayer walk** If you're heading out for a walk today, pray for your neighbours and the businesses you pass along the way. *Pray for our neighbors.* **Reading: Matthew 22: 37–39**
31. Shout-out Take the time to say thank you to someone or acknowledge their efforts. *Pray for Donegal Presbytery.* **Reading: Proverbs 3:27**	**32. Clean-up** If you're out for a walk today, take a pair of gloves and pick up a few pieces of litter. *Pray for those whose service often goes unnoticed.* **Reading: 1 John 3:18**	**33. Captive** We are called to love those who are captive. Can you pray for someone in prison, or find a practical way of giving hope? *Pray for those who are in prison.* **Reading: Matthew 25: 34-36**	**34. Share something you love** Do you have a favourite book that someone else might enjoy or a recipe to share? How can you share something you love today? *Pray for scientists.* **Reading: Acts 4:33–35**	**35. Get outside** We all feel better for a little fresh air. Spend a few moments outside today. *Pray for those awaiting medical treatment.* **Reading: Genesis 1:31**
36. Habit Can you commit to making it a daily habit to do something positive? *Pray for those who are part of our wider church family.* **Reading: Galatians 6:9**	**37. Forgive yourself** We've all done things that we regret but sometimes we hold on to those regrets. Let go of regret and forgive yourself. *Pray for vulnerable people.* **Reading: Ephesians 1:7-8a**	**38. Commit** Find a charity that supports a cause that is important to you and commit to give regularly. *Pray for those living with poverty.* **Reading: Mark 12:41-44**	**39. Forgiveness** Is there someone that you need to forgive? Can you make a conscious decision to do so? *Pray for those who we struggle to get along with.* **Reading: Matthew 18:21-22**	**40. Share the love** How can you share God's love with someone else today? *Pray for family and friends.* **Reading: John 3:16**