

From the Field From the Field From the Field

Choose a flower for each day of Lent. Write the date on it. Then do your best to do the loving act that is suggested. Afterwards, color the flower a bright color. By the time Lent ends, you will also be bright and blooming, full of the new life of Jesus.

Don't eat your desert at lunch. Give it to someone else.

Thank your teacher for all he/she does for you.

Thank God for as many things as you can think of.

Give away a possession that you treasure.

Do something to help the poor.

Don't argue.

Ask your dad if there is something you can do for him.

Pray for deceased family members and friends.

Do a chore at home without being asked.

Do something nice for an uncle or aunt.

Don't watch TV.

Be extra kind to your classmates.

Write a letter to cheer an old person.

Tell your mom you love her.

Pick up all the litter in your block.

Tell your father you love him.

Play a game with your little brother, or a neighbor.

Be generous with compliments.

Thank God for your brothers and sisters, or cousins.

Visit or call a shut-in.

Ask your parents to invite someone who is lonely for Easter dinner.

Read the Bible for 15 minutes.

Help your big sister, or an older friend.

Ask your mother if she needs you to help her with anything.

Use one of your talents to help someone.

Include a classmate who is usually left out.

Thank God for giving you and your family life.

Eat with someone you usually don't eat with.

Read a story to someone younger.

Don't whine or complain about things you don't have.

Play with someone younger than you.

Thank a friend for being your friend.

Pray for all the children in countries at war.

Pray for your grandparents.

Be thankful to at least five people today.

Clean your room.

EASTER

Sit in a quiet place and talk with God.

Make a nice surprise for someone.

Teach someone how to do something.

Eat the food you are served without complaining.