Use this Lenten season as a time to grow closer to God and simplify your life. Try a new suggestion from this list each day and experience the stronger relationships and calmer pace of an (almost) Amish lifestyle!

1. Start a **giveaway box** and add at least three items of clothes you have not worn in the last year.

2. Is there a form of technology that is ruling you like a master rather than serving you like a tool?  **Unplug for 24 hours** and rediscover the peace that passes all understanding.

**3. Spend 5 minutes in nature** where you can only see things that are God-made, not man-made.

4. Do you say grace when you consume energy (food) at the table?  **Next time you fill up your car with gas**,**say a prayer**for God’s sustaining hand.

5. Go out of your way to **support a local business**.

**6. Purchase seeds** for a vegetable garden, patio garden, or indoor herb garden.

7. Go through your inbox and **“unsubscribe”** from group email lists. You’ll have a lot less to sort through each day.

8. One day in seven, **take** **a 24-hour day of holy rest**.

9. Invite someone new into your home to **share a homemade meal**.

**10. Bake a loaf of bread**.  Use a bread maker for the first rising, or simply allow artisan bread to rise slowly while you are at work.

**11. Make a donation to church.**

12. Before you make a major purchase, **wait a month to see if you still need it.**

**13. Add unused sports equipment** to your giveaway box.

14. Turn table scraps into nutrient-rich soil by **starting a compost pile**.  Live in the city? Investigate a worm composter or solar cone.

15. Prevent catalogues from cluttering up your home. **remove your name from mailing lists**.

**16. Sign off from your Facebook and Twitter for the day**. If you want to know what your friends are doing, call them and have a real conversation.

**17. Avoid eating out** at restaurants; donate the money you save to the local food bank.

18. Can you support a local charity in a practical way?

**19. Pack a picnic** and invite a family member or friend to dine outside with you so you can appreciate God’s creation together.

20. Take a walk and **clean up rubbish** along the way.  Take someone with you so one of you can collect recyclables.

**21. Plant a tree**. Trees clean the air, provide shade, and beautify the landscape.

**22. Visit your local farmer’s market** and start buying your vegetables there. You’ll support your local economy and reduces the number of miles your food travels from farm to plate.

23. Make an effort to **reach out to a neighbour** today. Wave, say hello, or invite your neighbour for a visit on the porch.

24. Brainstorm about friends in your life that might want to begin meeting and **studying the Bible together**.

25. Help **a neighbour weed their garden or cut their grass**.

**26. Switch out a few bulbs** to super energy saving LEDs (now available in warm tone and dimmable).

27. Walk to the park. Invite your children to **play** a board game.

**28. Start a book group** or take your children to the library for story time.

29. Invite a child or teenager over and **teach** them how to bake, sew, or craft.

**30. Hang your clothes on the line** to dry. You’ll save on electricity costs and your clothes will last longer.

**31. Bring your own mug** to your office or the coffee shop.

**32. Organize**your junk drawer or a kitchen cupboard.

33. Set your home office equipment to **energy-saving modes**.

**34. Drink tap** instead of bottled water.

**35. Bike** when running local errands.

36. Invite neighbourhood children to **colour on the sidewalks** with sidewalk chalk.

**37. Write** encouraging notes to family members and friends.

38. Think about how you can better support and connect with your spouse, child, or colleague. Brainstorm something small that you can do to **make their day**.

**39. Bring your (overflowing) giveaway box** to the Salvation Army, Goodwill, or local refugee ministry.

**40. Give thanks** for the beauty of God’s creation and the gift of his Son.