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Are you thinking about fasting this Lenten Season, but find it challenging to do so because of health, work or travel schedule or simple inability to maintain the discipline to do so.

Here is an alternative way to make sacrifices. These ideas were collected from various Facebook posts and church announcements on ways to “sacrifice” this season of preparation and remembrance of Jesus’ sacrifice on our behalf.

DATES	GIVE UP	INSTEAD
March 6-9	Your favorite food	Fast all day until 5 pm and eat a healthy meal prior to 6 pm
March 10-16	Identify one item you like each day (clothing, jewelry, books, household, etc.). <i>Make sure the items are in clean and working condition</i>	At the end of the week, donate them to a charity, shelter or other outreach ministry.
March 17-23	Watching Television	Use the time to exercise and organize your desk or a closet
March 24-30	Eating all day until 6 pm daily	Do 1 random act of kindness each day
March 31-April 6	Time on Social Media	Use the time to volunteer or to do a chore/errand for a senior, a young parent or the sick and shut-in
April 7-13	Complaining	Pray a prayer of thanksgiving every time you are tempted to complain. Suggestion: Keep a journal, so you will truly be “counting your blessings”
April 14-20 Holy Week	Eating out (including fast food and beverages)	Donate all the money you would have spent to your church’s benevolent fund or to a charity.