



THE EPISCOPAL DIOCESE OF WESTERN MASSACHUSETTS
"CELEBRATING GOD'S ABUNDANCE"

40 Days of Love and Kindness

A Lenten program created by our churches in the Berkshires

40 Days of Love and Kindness is a generosity challenge for Lent. Make generosity, love and kindness a part of your Lenten spiritual discipline. Let's pray that each act of generosity, love and kindness is a drop in a huge ocean, with a ripple effect that starts a wave.

Week One

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness.

Colossians 3:12

- Send a card or letter to someone you have lost touch with.
- Donate non-perishable food items to your church food pantry or local food bank.
- Purchase a gift card at the grocery store and ask the cashier to give it to the next person who comes through the line.
- Thank a soldier. A Million Thanks://www.amillionthanks.org
- Donate supplies to an animal shelter

Week Two

Be kind and compassionate to one another, forgiving each other, just as Christ forgave you.

Titus 3:4

- Give a stranger a compliment
- Pray for someone who has hurt you.
- Turn a negative conversation into a positive one.
- Pray for a friend in need.
- Fast from gossip.
- Stop yourself from saying anything negative today.
- Look for the good in all people in all situations.

Week Three

Therefore, as God's chosen people, holy and dearly loved, clothe yourself with compassion, kindness, humility, gentleness and patience.

Ephesians 4:32

- Write a note to management or someone who has treated you nicely while doing their job (waiter, clerk, sales person...etc.)
- Set a gratitude alarm to go off on your phone several times throughout the day. When it sounds, stop, whatever you're doing to think about and appreciate the people/events/things you are grateful for at that moment.

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- Put the names of each member of your family in a box. Have everyone draw a name and then spend the day doing acts of kindness for that person.
- Start a compliment board in your home, office, dorm. Fill it with kind sentiments about the people around you.
- Paint a shell, rock or other object with positive word/quote on it and leave it for someone to find.
- Leave flowers at the doorstep of someone you feel needs an act of kindness.
- Text 2 or more people a good morning message

Week Four

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience.

Colossians 3:12

- Pick up litter in your neighborhood or at a local park.
- Shop fair trade
- Drop off teddy bear to police department to give to traumatized children.
- Invite someone who is alone over for dinner.
- Drop off a toy or game at a homeless shelter.
- Compliment a stranger sincerely
- Tell a friend something you like about them.

Week Five

Do not let kindness and love leave you. Bind them around your neck. Write them on your heart.

Proverbs 3:3

- Create a prayer chain with your friends. Share your prayer requests and pray for each other.
- Smile at ten people today
- Hide some small toys at a park and leave a note saying, “take it home and remember you are someone special”.
- Send an anonymous gift to someone who might be lonely or sad.
- Hide encouraging notes in unusual places.
- Make a “things I like about you” card.
- Make a friend outside your usual circle of friends.

Week Six

The earth is the LORD's and the fullness thereof, the world and those who dwell therein.

Psalms 24:1

- Switch to paperless bills
- Reduce pesticide use.
- Help save the bees by planting bee friendly plants in your garden
- Replace plastic water bottles with reusable ones.
- Recycle paper and plastics
- Buy local produce

Let us be God's hands and feet and bring the love of God forth into the world.