

# 20 Lent Challenges – 2023

Lent is the 40 days leading up to Easter and a time for Christians to give up something or do something positive. Worship Group have decided these challenges for you to complete during Lent. Tick off each one as you complete it and bring the completed sheet back after the Easter holidays for a treat!

<p>Make my bed.</p> 	<p>Wash the dishes or help with the dishwasher.</p> 	<p>Make a bird feeder or feed the birds.</p> 	<p>Go on a litter pick.</p> 
<p>Play a game or do a jigsaw with your family.</p> 	<p>Give up chocolate &amp; sweets for a day.</p> 	<p>Have a screen-free day.</p> 	<p>Walk the dog or walk with your family.</p> 
<p>Sort recyclable rubbish or go to the bottle bank.</p> 	<p>Set the dinner table.</p> 	<p>Make my own breakfast.</p> 	<p>Go on a nature walk.</p> 
<p>Go on a bike ride with your family.</p> 	<p>Fold and put away my clothes.</p> 	<p>Give someone a hug for no reason.</p> 	<p>Donate unwanted toys or clothes.</p> 
<p>Ask someone how they are feeling.</p> 	<p>Help unpack the shopping.</p> 	<p>Water and care for plants.</p> 	<p>Leave a kind note in an unexpected place in your house.</p> 