

40 Things to give up for Lent & Beyond: Phil Ressler & Pope Francis's Lent Challenge

1. **Fear of Failure** – You don't succeed without experiencing failure. Just make sure you fail forward.
2. **Your Comfort Zone** – It's outside our comfort zones where new discoveries are made.
3. **Feelings of Unworthiness** – You are fearfully and wonderfully made by your creator. (see Psalm 139:14)
4. **Impatience** – God's timing is the perfect timing.
5. **Retirement** – As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. Our work is not always tied to a pay check.
6. **People Pleasing** – I can't please everyone anyways. There is only one I need to strive to please.
7. **Comparison** – I have my own unique contribution to make and there is no one else like me.
8. **Blame** – I am not going to pass the buck. I will take responsibility for my actions.
9. **Guilt** – I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.
10. **Overcommitment** – Do less better and accomplish more.
11. **Lack of Counsel** – Wise decisions are rarely made in a vacuum.
12. **Impurity** – Live lives pure and without blemish.
13. **Entitlement** – The world does not owe me anything. God does not owe me anything. I live in humility and grace.
14. **Apathy** – Life is too short not to care.
15. **Hatred** – Do not be overcome by evil, but overcome evil with good (Romans 12:21).
16. **Negativity** – I will put the best construction on everything when it comes to other people. I will also minimize my contact with people who are negative and toxic.
17. **The Spirit of Poverty** – Believe that with God there is always more than enough and never a lack.
18. **Going Through the Motions** – The more you invest yourself, the more you will get back.
19. **Complaint** – Instead of contributing to the problem, be the solution.
20. **The Pursuit of Happiness** – God wants something greater and more lasting than happiness. It is called joy.
21. **Bitterness** – The only person I am hurting by holding on to this is myself.
22. **Distraction** – Life is filled with distractions that will take our eyes off the prize.
23. **Giving up** – God never gives up on us.
24. **Mediocrity** – If you are going to do something, then give it all you got.
25. **Destructive Speech** – Encourage one another and all the more as you see the day approaching (see Hebrews 10:25).

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26. **Busyness** – It is a badge of honour to be busy. But that does not always translate to abundance.
27. **Loneliness** – With Jesus I am never alone. He is with me wherever I go.
28. **Disunity** – If two of you agree on earth about anything, it will be done for them by the Heavenly Father (see Matthew 18:19)
29. **The Quick Fix** – Rarely does true transformation happen overnight.
30. **Worry** – God is in control and worrying will not help.
31. **Idolizing** – Don't assign anyone a standard they cannot live up to.
32. **Resistance to Change** – Change is certain. It is not if we will change, but how we will change.
33. **Pride** – Blessed are the humble.
34. **Small View of God** – Don't tell God how big your problem is, tell your problem how big your God is.
35. **Envy** – I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
36. **Ungratefulness** – You have been blessed in a way greater than you realize.
37. **Selfish Ambition** – God has a mission for me that is bigger than me.
38. **Self-Sufficiency** – Jesus is my strength. I can do all things through him (see Philippians 4:13)
39. **Sorrow** – Weeping may tarry for the night, but joy comes in the morning (Psalm 30:5b)

40. **My Life** – Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life (John 12:25).

<https://www.greaterthings.today/40-things-to-give-up-for-lent-the-list>

Pope Francis' question: **Do you want to fast this Lent?**

Fast from hurting words and **say kind words.**

Fast from sadness and **be filled with gratitude.**

Fast from anger and **be filled with patience.**

Fast from pessimism and **be filled with hope.**

Fast from worries and **have trust in God.**

Fast from complaints and **contemplate simplicity.**

Fast from pressures and **be prayerful.**

Fast from bitterness and **fill your hearts with joy.**

Fast from selfishness and **be compassionate to others.**

Fast from grudges and **be reconciled.**

Fast from words and **be silent so you can listen.**