Lent 2024

**An Act of Kindness**

**40 Days. 40 Acts.**

**Introduction:**

‘God has shown us his love by sending his only Son into the world so that we could have life through him’. – 1 John 4:9 *GWT*

Lent is a period that begins on Ash Wednesday and ends on Holy Saturday. It is a significant season for the Christian. A time of preparation and reflection leading up to Easter, when we remember the life, death and resurrection of our Saviour, Jesus.

During the season of Lent, many people will give up something that they enjoy – perhaps chocolate, coffee, soda, watching TV, social media etc. As we honour this tradition of self-denial, this Lent, we are calling on Salvationists to take up a challenge. A challenge to engage in small but intentional acts of kindness, to sacrifice a little time, energy or money each day for others.

In the weeks leading up to Easter Sunday, every day we share scripture and invite you to consider, then intentionally and generously exercise, an act of kindness.

As we show kindness and generosity to others over this Lenten season, may we reflect on God’s outrageous love and his generosity to us.

Let us orient our hearts towards God and journey towards Christlikeness. Let us move towards generosity and reach out to our neighbours with love. One small, significant act of kindness at a time.

**Day 1**

Wednesday 14 February 2024 (Ash Wednesday)

Bring joy

* **Scripture:** Proverbs 15:30 *NLT*

‘A cheerful look brings joy to the heart; good news makes for good health.’

* **Kindness Act:** Smile at everyone you meet today.

**Day 2**

Thursday 15 February 2024

Encourage

* **Scripture:** Romans 8:28*NIV*

‘And we know that in all things God works for the good of those who love him, who have been called according to his purpose.’

* **Kindness Act:** Send an encouraging note or message to someone going through a tough time. Remind them of this promise from God’s Word.

**Day 3**

Friday 16 February 2024

Give thanks

* **Scripture:** 1 Thessalonians 5:16-18 *ESV*

‘Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.’

* **Kindness Act:** Write down three things you are grateful for today then share your list with someone else. Invite them to consider what they are grateful for too.

**Day 4**

Saturday 17 February 2024

Uplift

* **Scripture:** Proverbs 11:25 *ESV*

‘Whoever brings blessing will be enriched, and one who waters will himself be watered.’

* **Kindness Act:** Leave an (anonymous) uplifting surprise for someone, like a small gift or a note of appreciation.

**Reflection Day**

Sunday 18 February 2024

‘God has shown us his love by sending his only Son into the world so that we could have life through him’. – 1 John 4:9 *GWT*

* How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?
* **Reflect** on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

**Day 5**

Monday 19 February 2024

Be patient

* **Scripture:** Colossians 3:12 *NLT*

‘Since God chose you to be the holy people he loves, you must clothe yourselves with tender-hearted mercy, kindness, humility, gentleness, and patience.’

* **Kindness Act:** Intentionally practice patience and gentleness in all your interactions today.

**Day 6**

Tuesday 20 February 2024

Appreciate

* **Scripture:** Colossians 3:23-24 *NIV*

‘Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.’

* **Kindness Act:** Send a note of appreciation to a local essential or frontline worker (e.g. nurse, doctor, firefighter, police officer etc.).

**Day 7**

Wednesday 21 February 2024

Do justice

* **Scripture:** Micah 6:8 *ESV*

‘He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?’

* **Kindness Act:** Learn more about a social or global issue. Explore ways to raise awareness or contribute to a solution. Do what you can today.

**Day 8**

Thursday 22 February 2024

Honour

* **Scripture:** 1 Thessalonians 5:12-13 *NLT*

‘Dear brothers and sisters, honour those who are your leaders in the Lord’s work. They work hard among you and give you spiritual guidance. Show them great respect and wholehearted love because of their work. And live peacefully with each other.’

* **Kindness Act:** Show your corps leader/s that you appreciate them.

**Day 9**

Friday 23 February 2024

Recognise

* **Scripture:** 1 Corinthians 15:58 *ESV*

‘Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain.’

* **Kindness Act:** Show appreciation to a mentor or teacher who has made a positive impact on your life. Be as specific as you can. You may want to write a letter or tell them in person.

**Day 10**

Saturday 24 February 2024

Overcome

* **Scripture:** Colossians 3:12-13 *GW*

‘As holy people whom God has chosen and loved, be sympathetic, kind, humble, gentle, and patient. Put up with each other, and forgive each other if anyone has a complaint. Forgive as the Lord forgave you.’

* **Kindness Act:** Extend a gesture of kindness to someone you may have had disagreements or conflicts with.

**Reflection Day**

Sunday 25 February 2024

‘God has shown us his love by sending his only Son into the world so that we could have life through him’. – 1 John 4:9 *GWT*

* How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?
* **Reflect** on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

**Day 11**

Monday 26 February 2024

Listen

* **Scripture:** James 1:19 *TLB*

‘Dear brothers and sisters, don’t ever forget that it is best to listen much, speak little, and not become angry.’

* **Kindness Act:** Listen attentively without interruption to someone who needs to talk.

**Day 12**

Tuesday 27 February 2024

Thank you

* **Scripture:** Philippians 1:3 *GNT*

‘I thank my God for you every time I think of you.’

* **Kindness Act:** Write a thank you note to someone who has made a positive impact in your life.

**Day 13**

Wednesday 28 February 2024

Help

* **Scripture:** Matthew 5:16 *ESV*

‘Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.’

* **Kindness Act:** Offer to help a colleague or classmate with a task or project.

**Day 14**

Thursday 29 February 2024

Broadcast

* **Scripture:** Proverbs 16:24 *ESV*

**‘**Gracious words are like a honeycomb, sweetness to the soul and health to the body.’

* **Kindness Act:** Share a positive and uplifting message on social media.

**Day 15**

Friday 1 March 2024

Value

* **Scripture:** Mark 10:14 *ESV*

‘But when Jesus saw it, he was indignant and said to them, 'Let the children come to me; do not hinder them, for to such belongs the kingdom of God.’

* **Kindness Act:** Encourage a child (in your church or blood family) with a word or a written note letting them know that they are loved and valued.

**Day 16**

Saturday 2 March 2024

Choose kindness

* **Scripture:** Ephesians 4:31-32 *ESV*

**‘**Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.’

* **Kindness Act:** Intentionally choose to be kind in your words and actions, especially in challenging situations.

**Reflection Day**

Sunday 3 March 2024

‘God has shown us his love by sending his only Son into the world so that we could have life through him’. – 1 John 4:9 *GWT*

* How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?
* **Reflect** on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

**Day 17**

Monday 4 March 2024

Affirm

* **Scripture:** 1 Thessalonians 5:11 *NIV*

‘Therefore encourage one another and build each other up, just as in fact you are doing.’

* **Kindness Act:** Offer words of affirmation and encouragement to those around you today.

**Day 18**

Tuesday 5 March 2024

Inspire

* **Scripture:** Proverbs 3:27 *NIV*

‘Do not withhold good from those to whom it is due when it is in your power to act.’

* **Kindness Act:** Share a book, an article, or a resource that has inspired you with someone who might benefit from it.

**Day 19**

Wednesday 6 March 2024

Pray

* **Scripture:** Philippians 4:6-7 *ESV*

‘Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.’

* **Kindness Act:** Offer to pray for someone who is going through a challenging time.

**Day 20**

Thursday 7 March 2024

Check in

* **Scripture:** Proverbs 17:17 *NIV*

**‘**A friend loves at all times, and a brother is born for adversity.’

* **Kindness Act:** Reach out to someone you haven't spoken to in a while and check in on how they're doing.

**Day 21**

Friday 8 March 2024

Notice

* **Scripture:** Philippians 2:4 *ESV*

**‘**Let each of you look not only to his own interests, but also to the interests of others.’

* **Kindness Act:** Notice those around you. Allow **someone to go ahead of you in a queue or give up your seat for someone if you use public transport. Look for ways to make others feel special.**

**Day 22**

Saturday 9 March 2024

Gather

* **Scripture:** Psalm 34:8 *ESV*

‘Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!’

* **Kindness Act:** Create a "blessings jar" and encourage others to contribute notes of gratitude and blessings throughout the day.

**Reflection Day**

Sunday 10 March 2024

‘God has shown us his love by sending his only Son into the world so that we could have life through him’. – 1 John 4:9 *GWT*

* How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?
* **Reflect** on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

**Day 23**

Monday 11 March 2024

Be with

* **Scripture:** Matthew 25:40 *NIV*

‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

* **Kindness Act:** Visit or call someone who may be lonely or in need of companionship.

**Day 24**

Tuesday 12 March 2024

Practice humility

* **Scripture:** Philippians 2:3 *ESV*

‘Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.’

* **Kindness Act:** Practice humility by intentionally putting others' needs before your own.

**Day 25**

Wednesday 13 March 2024

Engage

* **Scripture:** Psalm 118:24 *ESV*

‘This is the day that the Lord has made; let us rejoice and be glad in it.’

* **Kindness Act:** Choose to be fully present and engaged in your interactions with others today. If necessary, put away devices or any other distractions.

**Day 26**

Thursday 14 March 2024

Say thanks

* **Scripture:** Colossians 2:6-7 *NIV*

‘So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.’

* **Kindness Act:** Be intentional and sincere in saying ‘thank you’ to those who are serving you today. Start with the cashier at the supermarket, the driver on public transport, the barista in your coffee shop, or the cleaner at the office.

**Day 27**

Friday 15 March 2024

Respect

* **Scripture:** Leviticus 19:32 *NIV*

’Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the Lord.’

* **Kindness Act:** Offer to help an elderly neighbour with household chores or errands.

**Day 28**

Saturday 16 March 2024

Clean up

* **Scripture:** Genesis 2:15 *ESV*

‘The Lord God took the man and put him in the garden of Eden to work it and keep it.’

* **Kindness Act:** Practice environmental stewardship by participating in a community clean-up or by simply picking up litter that you may see around you.

**Reflection Day**

Sunday 17 March 2024

‘God has shown us his love by sending his only Son into the world so that we could have life through him’. – 1 John 4:9 *GWT*

* How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?
* **Reflect** on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

**Day 29**

Monday 18 March 2024

Forgive

* **Scripture:** Ephesians 4:32 *ESV*

‘Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.’

* **Kindness Act:** Practice forgiveness by letting go of a grudge or resentment.

**Day 30**

Tuesday 19 March 2024

Eat together

* **Scripture:** Hebrews 13:16 *CEB*

‘Don’t forget to do good and to share what you have because God is pleased with these kinds of sacrifices.’

* **Kindness Act:** Cook for or share a basic meal with someone who may be going through a challenging time.

**Day 31**

Wednesday 20 March 2024

Bless

* **Scripture:** Galatians 6:9 *NLT*

‘So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.’

* **Kindness Act:** Show appreciation for those who serve in your church by offering them a verse of Scripture as an encouragement.

**Day 32**

Thursday 21 March 2024

Care

* **Scripture:** Galatians 6:2 *ESV*

‘Bear one another's burdens, and so fulfil the law of Christ.’

* **Kindness Act:** Send a care package to a friend or family member. Keep it simple, thoughtful and personal. Include something they love and a note of encouragement.

**Day 33**

Friday 22 March 2024

Support

* **Scripture:** 1 Timothy 2:1-2 *CEV*

‘First of all, I ask you to pray for everyone. Ask God to help and bless them all, and tell God how thankful you are for each of them. Pray for kings and others in power, so we may live quiet and peaceful lives as we worship and honour God.’

* **Kindness Act:** Contact your local government representative or councillor or village Chief and let them know you are praying for them.

**Day 34**

Saturday 23 March 2024

Connect

* **Scripture:** Psalm 145:4 *VOICE*

‘One generation after another will celebrate your great works; they will pass on the story of Your powerful acts to their children.’

* **Kindness Act:** Make a point of connecting and affirming someone from a different generation.

**Reflection Day**

Sunday 24 March 2024 (Palm Sunday)

‘God has shown us his love by sending his only Son into the world so that we could have life through him’. – 1 John 4:9 *GWT*

* How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?
* **Reflect** on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

**Day 35**

Monday 25 March 2024

Give

* **Scripture:** Luke 6:38 *ESV*

‘Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.’

* **Kindness Act:** Donate goods or money to your local charity, Salvation Army centre or corps.

**Day 36**

Tuesday 26 March 2024

Share

* **Scripture:** Psalm 119:105 *NLT*

‘Your word is a lamp to guide my feet and a light for my path.’

* **Kindness Act:** Share your favourite passage of scripture with someone. Tell them what it means to you. If appropriate, invite them to share their favourite passage too.

**Day 37**

Wednesday 27 March 2024

Serve

* **Scripture:** John 13:14-15 *GWT*

‘So if I, your Lord and teacher, have washed your feet, you must wash each other’s feet. I’ve given you an example that you should follow.’

* **Kindness Act:** Offer to do the washing up or a household chore you would not normally do around the house.

**Day 38**

Thursday 28 March 2024 (Maundy Thursday)

Love

* **Scripture:** John 13: 34-35 ESV

**‘**A new commandment I give to you, that you love one another. Just as I have loved you, you also should love one another. By this, everyone will know that you are my disciples, if you have love for one another.’

* **Kindness Act:** Tell someone dear to you that you love them. Consider how you may show love to those you find it less easy to love.

**Day 39**

Friday 29 March 2024 (Good Friday)

Reconcile

* **Scripture:** Matthew 5:23-24 *NIV*

‘Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.’

* **Kindness Act:** Practice forgiveness and reconcile with someone if possible.

**Day 40**

Saturday 30 March 2024

Reflect

* **Scripture:** 1 Corinthians 15:58 *ESV*

‘Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain.’

* **Reflect** on the Lenten season, share your experiences with others, and express gratitude for the journey.

**HE IS RISEN… HE IS RISEN INDEED!**