



# BIBLE STUDIES FOR LIFE®

## LENT COMPANION

This Easter season, consider adding one or more of these meaningful routines to your daily life.

### OBEYING GOD & DENYING SELF

- Give to a local ministry
- Give up caffeine
- Eat healthy
- Go to the gym and actually work out
- Pray for others specifically by name
- Take the stairs at work

### BIBLE ENGAGEMENT

- Memorize verses
- Spend time reading in the morning
- Volunteer to read Scripture to the elderly
- Teach Bible stories to kids at church
- Read the Gospels in 40 days
- Listen to podcast sermons

### SERVING GOD & OTHERS

- Help others load their groceries
- Return your shopping cart
- Park in the back of the parking lot
- Wave to police officers directing traffic
- Smile and say hello to people at work
- Hold the door open for others

### EXERCISING FAITH

- Join a Bible study
- Find a mentor
- Memorize Scripture
- Volunteer at your church
- Pray for your leaders
- Give more

### SEEKING GOD

- Wake up early to pray
- Pray before every meal
- Stop and listen
- Read John
- Study a commentary
- Start a new Bible study

### BUILDING RELATIONSHIPS

- Ask about a coworker's family
- Deliver cookies to your neighbor
- Reconnect with an old friend
- Take someone out for coffee
- Introduce yourself to your barista
- Invite your church's staff over for dinner

### SHARING CHRIST

- Serve at a soup kitchen
- Talk about your faith to a coworker
- Ask how you can pray for others
- Deliver meals and blankets to the homeless
- Tell someone why Jesus is important to you
- Buy coffee for the person behind you in line

### UNASHAMED

- Try fasting
- Meet with your pastor
- Practice your testimony
- Sign up for a mission trip
- Talk with your neighbors about your church
- Pray for boldness