SAINT MATTHEW'S
EPISCOPAL CHURCH

40 acts of kindness & generosity

A Family Resource for Lent

Week 1: Serving Those in Need

- Pack a bag (or several) of food for Backpack Buddies. Read: Proverbs 22:9
- Donate socks and supplies to a shelter. Read: Matthew 25:40
- Check in with someone who is lonely (and/or bring them flowers). Read: James 1:27
- Write a surprise thank-you note to a teacher or coach. Read: 1 Thessalonians 5:11
- Take some books you no longer use and fill up a Little Free Library. Read: Proverbs 16:24
- Visit a local food pantry and help deliver food. Read: Luke 3:11
- Deliver towels and blankets to the local animal shelter. Read: Psalm 36:6

Simple Prayer: God, help us see the needs of others and serve them with love. Amen.

Week 2: Loving Our Neighbors

- Make cookies for a neighbor you don't know well yet. Read: Galatians 5:14
- Help a neighbor bring their trash bin up after garbage day. Read: Philippians 2:4
- Weed or help with gardening for a neighbor (or for the church). Read: Isaiah 58:10
- Compliment a friend (on something more than their appearance). Read: Ephesians 4:29
- Create encouraging messages with chalk on the sidewalk near your house. Read: Matthew 5:16
- Send someone a letter in the mail. Read: Colossians 3:12
- Create kindness rocks and take them to the park. Read: Romans 12:10

Simple Prayer: Jesus, help us love our neighbors the way you love us. Amen.

Week 3: Sharing Joy & Encouragement

- Tell someone you love them. Read 1 John 4:19
- Leave a note or drawing in a sibling's or parent's lunchbox. Read: Hebrews 10:24
- Hold the door open for as many people as possible today. Read: Luke 6:31
- Read a Bible story to a younger sibling or friend. Read: Psalm 119:105
- Call a grandparent or older relative just to say hello. Read: Proverbs 17:6
- Donate toys and clothes you no longer use. Read: 2 Corinthians 9:7
- Make a homemade card for someone in the hospital or a nursing home. Read: Psalm 147:3

Simple Prayer: Lord, may our words and actions bring joy to others. Amen.

Week 4: Being a Light in the World

- Set the table for dinner without being asked. Read: Philippians 2:14
- Pick up litter around your neighborhood or a park. Read: Genesis 2:15
- Say something kind to someone who looks sad today. Read: Proverbs 12:25
- Let someone else go first in line or on the swings. Read: Mark 9:35
- Help clean up after a meal, even if it's not your mess. Read: Galatians 6:2
- Offer to pray for a friend who is having a tough time. Read: James 5:16
- Bake muffins or bread and take them to the fire or police station to thank the workers. Read: Luke 10:27

Simple Prayer: Jesus, help us be a light for others through kindness and love. Amen.

Week 5: Growing in Gratitude & Faith

- Say a prayer for someone who is hurting. Read: Psalm 34:18
- Tell a family member one thing you appreciate about them. Read: 1 Thessalonians 5:18
- Help make dinner and serve it with a smile. Read: Matthew 20:28
- Listen to someone without interrupting. Read: James 1:19
- Offer your seat to someone who needs it more. Read: Philippians 2:3
- Make a list of things you are grateful for and share it at dinner. Read: Psalm 107:1
- Donate pet food to an animal rescue. Read: Genesis 1:26
- Sing a song of worship together as a family. Read: Psalm 100:2
- Leave an uplifting note in a library book for the next reader. Read: 1 Peter 4:10
- Do something kind for someone in secret today. Read: Matthew 6:3
- Invite someone new to sit with you at lunch or church or play with you at recess. Read: Romans 15:7
- Pray together as a family and thank God for all the ways you've shared kindness this Lent! Read: Colossians 3:17

Final Prayer: Lord, thank You for showing us how to love others. Help us to keep sharing kindness beyond Lent. Amen.