

# SIMPLE40

**SPIRITUAL:** 40 minutes of prayer daily

My prayer commitment:

---

---

**SELF:** 40 minutes of intentional movement daily

Fast from 3 pleasures/luxuries:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**SERVICE:** 40+ acts of service throughout Lent

No unnecessary purchases

---

---

Whatever your task, work heartily, as serving the Lord and not men, knowing that from the Lord you will receive the inheritance as your reward; you are serving the lord Christ.

~Colossians 3:23