

B	I	N	G	O
Watch a 7 Last Words service	Abstinence	Abstain from a technological device	Fast from what distracts you from God	Reflect on God's love
Journal for 15 mins.	Create a weekly prayer list	Take a walk outside	No spend day	Ash Wednesday
Read the bible	Spend time alone	FREE	Be a blessing	Meditation
Help those in need	Call a loved one	Honor the life of the deceased	Share your testimony	Introduce someone to God
Pray for someone else	Spend 15 mins listening to God	Give of your gifts & talents	Get out your comfort zone	Learn about Lent

B	I	N	G	O
Honor the life of the deceased	Fasting	Be a blessing	Breathe deeply & slowly	Less TV
Journal for 15 mins.	Journal	Attend a Sunday service	Spend time alone	Be grateful
Reflect on God's love	Help those in need	FREE	Take a walk outside	Ash Wednesday
Watch a show about Jesus's life	Study God's word	Meditation	Learn about Lent	Hug
Create a weekly prayer list	Fast from what distracts you from God	Participate in the Washing of Feet	Remind someone of God's love	Read the bible

B	I	N	G	O
No spend day	Share your testimony	Be a blessing	Breathe deeply & slowly	Participate in the Washing of Feet
Journal for 15 mins.	Create a weekly prayer list	Pray for someone else	Learn about Lent	Less TV
Abstinence	Help those in need	FREE	Abstain from a technological device	Journal
Visit a nursing home/ hospital	Be grateful	Write out scriptures	Write a thank you note	Attend a Sunday service
Reflect on God's love	Meditation	Donate to a charity	Watch a show about Jesus's life	Ash Wednesday