

# What to Give Up for Lent

Give up complaining and arguing. ~ Philippians 2:14-16

Instead...Give thanks in everything. ~ I Thessalonians 5:16-18

Give up being critical of others. ~ Luke 6:37

Instead...Focus your mind on What is noble and lovely in others. ~ Philippians 4:10

Give up speaking unkindly of others. ~ Titus 3

Instead...Be an example in speech, conduct, love, faith, and purity. ~ I Timothy 4:12

Give up worrying. ~ Matthew 6:25

Instead...Let your requests be made known to God. ~ Philippians 4:4-7

Give up fear of what others think or say. Isaiah 51:7

Instead...Stand firm in your faith; be courageous, be strong. ~ I Corinthians 16:13-14

Give up doubt. ~ James 1: 6-7

Instead...Have faith of a mustard seed. ~ Matthew 17:20

Give up complacency. ~ Zephaniah 1:12

Instead...Carry out your ministry fully. ~ 2 Timothy 4:1-5

Give up the "right" to sin and pride. ~ Galatians 5:19-21

Instead... Your attitude should be the same as Christ Jesus. ~ Philippians 2: 5-11

Give up only that which you don't want back again when Lent is over.

Thanks be to God who gives us the victory through our Lord Jesus Christ!  
I Corinthians 15:57