

Things to give up for Lent:

chocolate
social media
video games
unkind words
complaining
sarcasm
sugar
phones
instagram
facebook
twitter
texting
soda
TV
favorite foods
gossip

ideas!

Things to Add for Lent:

prayer
quiet time
devotionals
exercise
time with the family
bible stories
bible movies
tithing
get more sleep
serve someone
practice acts of kindness
speak words of life
create a good habit
read a psalm a day
exercise
be on time