

LENT

For Lent, I choose to sacrifice...

21 Ideas of Things to Sacrifice for Lent:

- Caffeine
- Sodas
- Sweets/Sugar
- Carbs/breads
- Social media
- Video games
- Netflix/streaming services
- Fast food
- Meat
- Makeup
- Online shopping
- Sleeping in
- Checking the news
- Podcasts
- Salt
- All music but worship music
- Eating out
- Dairy
- Alcohol
- Your favorite junk food
- Swearing