

World Services Self-Denial Lent Ideas



1. Financial

- a. Giving up expenses for lent, putting aside \$ (ex. soda, eating out, Starbucks, caffeine, chocolate, snacks, etc.)
- b. Use a WS/SD coin box, put aside \$1 day, etc.
- c. Virtual Fundraisers. See a variety of ideas at:

<https://centralmissions.org/wp-content/uploads/sites/5/2021/01/Virtual-Fundraising-Ideas.pdf>

2. Prayer

- a. Clothing labels – check your clothing labels and pray for the country where it was made. Check www.Prayercast.com for prayer videos of every country.
- b. Choose a product you are using or consuming. Pray for the workers throughout the industry. (See the tea prayer exercise in this newsletter: <https://us19.campaign-archive.com/?u=f8da38df64591a0460dca7fa6&id=9da71d98c0> or the Journey of a Cinnamon roll: <https://centralmissions.org/wp-content/uploads/sites/5/2021/01/Going-Deeper-PDF.pdf>)
- c. Pray for one of our Partner in Mission territories each week. Use our Prayer Cards in our Goals for a Brighter Future series: www.centralmissions.org/gfbf

3. Developing Meaningful Work – “Going Deeper”

- a. Cry for Justice for SDG 8
<https://us19.campaign-archive.com/?u=f8da38df64591a0460dca7fa6&id=9da71d98c0>
- b. Practice the Buyerarchy of Needs
<https://centralmissions.org/wp-content/uploads/sites/5/2021/01/Going-Deeper-PDF.pdf>
- c. Choose one campaign to follow –
Look into organizations who are working for ethical work conditions, sustainable markets, etc. Choose one issue and find ways to make an impact in that one area. For example, the chocolate/cocoa industry, fashion industry, coffee trade, beauty products, etc. Do research. Find campaigns that you can support, write letters to, etc.