

Pray	Fast
Pray for the people who are sick	Fast from electronics today
Pray for the those who have died	Fast from sweets today
Pray for moms expecting babies	Fast from snacking between meals
Pray for peace	Fast from TV today
Pray for wisdom	Fast from complaining today
Pray for patience	Eat a simple meal today
Pray for tolerance	Drink only water today
Pray for acceptance	Fast from the internet today
Pray for your Mom & Dad	Fast from music today
Read a Bible verse before dinner	Fast from meat today
Pray for you family	Fast from your favorite food today
Give	
Choose one toy to donate	Write a kind note to someone
Choose a clothing item to donate	Donate a little extra to your church
Choose one book to donate	Send a card to a someone
Collect change to give to charity	Do an extra chore for someone
Donate to a food pantry	Give to the homeless today
Give forgiveness to someone	