



[Website](#)   [About Us](#)   [I Need a Prayer](#)   [The Lenten Positive Acts Challenge](#)

***"Start children off on the way they should go,  
and even when they are old they will not turn from it" – Proverbs 22:6***

Dear Bill,

Welcome to the 1st week of Lent...and the 1st week of the 2019 Lenten Positive Acts Challenge!

We're so glad you decided to take this Lenten Journey with us!  
These 47 days could improve the rest of your year.

If you haven't visited the website recently, please do so every now and then. You can even visit on your phone or tablet. While you're there, check out the map on the "*Where in the World?*" page. There's a pin on the map for each person participating in The Challenge. You can zoom in on the map – to see how many challengers are in your area.

There are now over 1,475 people performing Lenten Positive Acts in 30 Countries, and in 47 States of the U.S.!! What an awesome response! And we've only just begun.

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Your fellow participants include students, teachers, Moms, Dads, Grandmothers, Priests, Doctors, retirees, Military...and everyone in between.

Such a diverse group of people and locations...all with something powerful in common:  
The desire to praise God...help people...and make the world a little bit better. All at the same time!

We heard from many participants who told us that their family has 1 email address signed up for The Challenge, and multiple family members participating. That's great! We'd appreciate your help – to get a more accurate count of our Challengers around the world.

If that's what your family is doing, please help us by editing your profile. There is a field called "**# of Other Family Members Participating w/you**". Please take a moment to click on "**Update your preferences**" at the bottom of this mail – and enter the number of other people in your family who are participating in The Challenge (not including the person who belongs to the email address that was used to join). Thank You!

[This week, the suggested number of Lenten Positive Acts is 1 per day.](#)

Some people will perform their 1 Positive Act during the work or school day...

Some before they leave the house...

And others before they even get up in the morning (by saying a prayer for someone in need).

And many of you, after performing that single Positive Act - may have felt like you pressed that Staples "easy" button. :)

Here's one of the most important rules of The Challenge:

*You don't have to stop performing Positive Acts when you reach your daily requirement.*

*There is no maximum # of Positive Acts.*

So, kids...if you help fold laundry as your 1 Positive Act, it doesn't exactly mean you're off the hook for the rest of the day. :)

Each week during Lent, we'll send an email Sunday evening (US time zone).

It'll be a little inspiration for the week ahead, and will contain information such as:

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- Updates on the # of participants and their locations
- Positive Acts Tips for adults and children
- Stories we've heard from people taking the challenge
- Updates on the website
- And more

The weekly mails will also be posted on the website - under "[Weekly Emails](#)".

If you need some help with ideas for Positive Acts, please visit "[I Need Ideas](#)".

If you'd like additional help in identifying opportunities for Positive Acts, or if you have any questions, please send us an email at [info@LentenPositiveActs.com](mailto:info@LentenPositiveActs.com) - we'll be happy to help you.

Please visit the "[Track My Positive Acts](#)" page - to download a chart for tracking your Positive Acts. You can print it, or use it on your computer or phone.

Thanks for the comments you've been giving us. We appreciate your thoughts, and love to hear how The Challenge is going for you.

If you have comments, please let us know - post them on the website, or send them to [info@LentenPositiveActs.com](mailto:info@LentenPositiveActs.com)

In each of our upcoming weekly mails, we'll look at the world in new ways. We use different lenses - that help us see things we didn't see before...and that others may not see.

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### **Today's Tip:**

Sometimes, you can take a simple positive act to another level. For example, most people will hold the door for someone who is a few feet behind them. You can take that to another level. If there's someone further back, hold it for them. Chances are, they wouldn't expect you to hold the door for them – since they're not right behind you. Do it anyway, and watch what happens.

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Your positive act creates a 15 second (or so) window of opportunity that takes over the focus of their mind. They'll be thinking how nice it is that you're doing that for them. You could have kept going, and they wouldn't have thought anything about it. So they'll smile... and that window of opportunity plants a seed of positivity in them. Chances are, it'll improve their mood a little, and they'll look to pay it forward by doing something nice for someone else that day.

**Today's Question:**

Q. What if I want to perform more Positive Acts than the recommended amounts – what can I do?

A. Great question! Many people find the following suggestion helpful:

You can start with a higher number. Choose a number that you think will challenge you. The important thing is that you want to get into the habit of "*looking for opportunities*" to perform positive acts.

For the first few days, perform as many positive acts as you can. Then take the average # of positive acts you performed on those days, and use that number as your starting point for the week. Increase it by 1 each of the following weeks.

As an example, let's say over the next 3 days you perform 4, 8, and 6 positive acts. The average of those 3 days is 6. So the starting point for your week would be 6. Increase it to 7 the next week, and to 8 the following week. Continue to increase it by 1 each week of The Challenge.

**Today's Challenge:**

The following states in the USA don't have anyone participating in The Lenten Positive Acts Challenge:

- Alaska
  - Vermont
  - West Virginia
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If you know someone who lives in one of those states, please ask them to join The Challenge. Keep in mind that by getting someone else to join The Challenge, not only are you performing a Positive Act...you're also helping to bring another 194 positive acts into the world – through the person you invited. And if they then invite *another* friend to join, it creates a positive act chain reaction that could go on throughout Lent (and beyond). :)

**Today's Song:**

When you get a chance, listen to *Be One* - by Natalie Grant, which contains the lyrics:  
“*Why sit around and wait for a miracle to come...when we can be one.*”

By participating in The Lenten Positive Acts Challenge - actively seeking opportunities to help others... and bring more positivity into the world... you're on the right path - to *Be One!*

Please ask your family and friends to Join **The Challenge** with you!

Until next time...

Have a Blessed Week!

God Bless You!

Sincerely,

Lenten Positive Acts

[www.LentenPositiveActs.com](http://www.LentenPositiveActs.com)



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You are receiving this mail because you opted in to participate in the Lenten Positive Acts Challenge. We're so glad you joined us!

**Our mailing address is:**

Lenten Positive Acts

PO Box 44

Lincroft, NJ 07738

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