

Welcome to Week 3 of The 2019 Lenten Positive Acts Challenge!

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"People will forget what you said, people will forget what you did, but people will never forget how you made them feel"

- Maya Angelou

Dear Bill,

Welcome to the 3rd week of Lent... and the 3rd week of the 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.

There are now 1,520 people performing Lenten Positive Acts in 37 Countries, and in 47 States of the U.S.!!

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!

If you've completed your recommended number of daily Lenten Positive Acts, you have at least so far. As a group, we've performed over **28,000!**

Starting today - Monday, March 18th, we perform 3 Positive Acts per day.

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 - 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

Let's see if you can guess today's topic.

It's something that everyone has, yet no two people use it the same way. And the way you use it can change your life, as well as the lives of others.

It's one of the most valuable commodities in the world, yet no amount of money can buy more of it.

At the same time - it doesn't cost anything, yet it's one of the most valuable gifts you can give someone.

Did you guess it?

It's "*Time*".

We live in such a busy, hectic world. Many of us spend our days going from one task to another. Adults run from taking care of kids...to work...to chores...to sleep. Children go from school...to sports and activities...to homework...to sleep. We barely have time to meet our daily schedules, let alone do anything for ourselves.

So, when others need our time - it's not really there to give.

At the same time, people yearn for attention. From a crying baby...to a toddler acting up...to a child left out at school...to an adult who feels cut off from the world...to a homeless person ignored on the street...to a military veteran returning to civilian life...to a senior citizen sitting alone day after day in a nursing home. And everyone in between.

Sometimes, it doesn't take much to brighten someone's day...to change their outlook...or to give them hope.

Phil, Anthony, and Vinny all chat with homeless people on the street during their commutes...

Deacon Marty and Joe both visit and pray with people in the hospital...

Chris visits people in Nursing Homes and Assisted Living Homes - to pray with them...bring them Holy Communion...and they see Jesus in him...

Laura uses her drive to work as an opportunity to call a friend or family member

she hasn't spoken with in a while...

And you may remember Matthew (from a previous Challenge) – who chats with the gas station attendants. While they fill his gas tank...he learns their stories.

All of the Challengers mentioned above share similar experiences. What seems so small to them (a few minutes of their time), turns out to be a *valuable* gift to the other people.

And they all feel that the experience means *at least* as much to them...as it does to the other person.

In New Jersey, USA, Matt is a college student who is a member of the Newman Catholic Association at Stevens Institute of Technology. This week is their spring break. While other college students relax...spend time with family...or perhaps take a vacation trip with friends...Matt and 13 of his classmates drove over 10 hours, from NJ to Kentucky - to spend their spring break helping others. What a wonderful way to perform Lenten Positive Acts! And a powerful way to glorify the Lord by their lives!

Here's the thing. Many colleges have similar service trips - to help others who are less fortunate - during their breaks. We just don't seem to hear about them. That's a shame. Because, with all the bad news we hear on television, in the news, and on the internet...people need to hear about some of the good things other people are doing around the world.

Although the students who rested on spring break may return to school feeling refreshed, rested, and energized...and although Matt and his friends worked during the break, and will drive over 10 hours to return from their service trip - shortly before they resume classes...I'm guessing that Matt's group will be energized and refreshed in a *completely different way*. And they'll feel pretty good - having completed the entire 7 week Lenten Positive Acts Challenge in just 1 week! Just kidding :) Matt tells me that they'll continue along with the rest

of us. God Bless them!

Meanwhile, halfway around the globe...

Don Ritchie lived across the street from Australia's most notorious suicide spot. For 45 years, he watched for people who were standing alone too close to the edge of the cliff. When he spotted someone, he hurried to them. Sometimes, it was too late. However, many times it wasn't...and he invited them (with a smile) to come to his house for a cup of tea. After spending some time with Don, they didn't return to the cliff. Instead, they went back to living their lives.

Although he didn't keep count, the official tally estimates that Don saved 160 people, and his family believes it was closer to 500!! In his own words "*You gotta try and save them. It's pretty simple*".

Wow! What a way to Glorify The Lord with your life!

While these types of positive acts may not be for everyone...the thought *behind* them *is*. By realizing the true value of *sharing our time*...and looking for opportunities to give that gift to others...we have the potential to change lives. Both the lives of others...and our own.

As Jesus says in Matthew 25:40:

"Whatever you did for one of the least of these brothers and sisters of mine, you did for Me".

Today's Question:

Q. What if I'm unable to get out of the house during the day, and I'm having trouble keeping up with the daily quota of positive acts?

A. That's a great question, and we hear similar questions often – especially as we get in to the later weeks of The Challenge. If you visit the [“I need ideas”](#) page on our website, there are some good ideas for positive acts that can be performed in that situation. Two that we recommend are phone calls and prayers:

1. Call someone, who you haven't spoken with recently, someone going through a tough time, going for a medical test/procedure, etc
 2. Visit the [“I need a prayer”](#) page on our website – and say some prayers for the requests listed there. A prayer is a *powerful* positive act, and it can be performed by anyone... anywhere... at any time.
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Today's Challenge:

When you're faced with a situation where you have a choice of:

- a. stopping what you're doing - to spend a few minutes visiting...talking to...or helping someone...though not being able to check as many things off your “to do” list, or
- b. continuing with the hectic pace of your day...and being able to check off more items on that “to do” list...

Choose “A”.

Try it as part of your Lenten Journey...and see where it takes you.

You never know what it will mean to them, and how it could help them...and help you.

Today's Song:

When you get a chance, listen to the song “*Save My Life*” - by Sidewalk

Prophets, which contains the lyrics:

***“Tell me what I need to hear
Tell me that I’m not forgotten
Show me there’s a God
Who can be more than all I’ve ever wanted
‘Cause right now I need a little hope
I need to know that I’m not alone
Maybe God is calling you tonight
To tell me something
That could save my life”***

Think about that. That’s what some of you are doing now.

In looking for opportunities for Positive Acts, you’re taking more time to listen to others...notice more about them...and see them as more than what they appear to be. In doing so, you may do or say something that could have a profoundly positive impact on their life...and you may never know.

Please keep this in mind as you look for opportunities for Positive Acts this week. :)

***“Whoever is kind to the poor lends to the Lord, and He will reward them
for what they have done” - Proverbs 19:17***

Until next time...

Have a Blessed Week!

God Bless You!

Sincerely,
Lenten Positive Acts

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!

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Lenten Positive Acts
PO Box 44
Lincroft, NJ 07738

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