

Welcome to Week 4 of The 2019 Lenten Positive Acts
Challenge!

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***"Miss no single opportunity of making some small sacrifice,
here by a smiling look, there by a kindly word;
always doing the smallest right and doing it all for love."
- Saint Therese of Lisieux***

Dear Bill,

Welcome to the 4th week of Lent... and the 4th 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 1,525 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 40 so far. As a group, we've performed over **60,000!**

Starting Monday, March 25th, we perform 4 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

In week 2 of The Challenge, our email discussed Abortion ([click here to read it](#)). There is another important aspect to that story, which one of our readers was kind enough to point it out to us. It has to do with the devastating impact abortion has on those involved.

It's possible that some Challengers reading these mails may have experienced abortion – either themselves...through their girlfriend or spouse...or through a family member or friend. If you have, or know someone who has, please consider looking into **Rachel's Vineyard**. It's "a safe place to renew, rebuild and redeem hearts broken by abortion." "It can help you experience God's love and compassion on a profound level." And it's a place where "peace is found. Lives are restored. A sense of hope and meaning for the future is finally re-discovered."

Learn more about them at www.RachelsVineyard.org

Although going for a sonogram or prenatal Doctor visit is an exciting time, some people are given news that they didn't expect to hear...and which they don't know how to handle. News that, unfortunately, may lead them to consider abortion as an option. There's a group that can help in this situation. It's called **Be Not Afraid** (BNA), and it's a private non-profit corporation whose mission is to provide support to parents experiencing a prenatal diagnosis and carrying to term.

If you have received a prenatal diagnosis, or you know someone who has, please check out www.BeNotAfraid.net.

They have a page on the website called "[Parent Stories](#)". It lists 24 categories of diagnoses, and when you click on one of them - it will bring up stories from parents who received that prenatal diagnosis...and carried the baby to term.

A new way to look at Positive Acts - from Saint Therese of Lisieux:

St. Therese of Lisieux (called "The Little Flower") always did "small things with great love". She didn't perform any great deeds...but instead performed small, daily sacrifices. She would do small things that no one would even notice...and that didn't necessarily bring any change to their lives that they knew of. Her small things were being done for God. And she would find joy in doing them.

Here's what a powerful impact "The Little Flower" had. During Saint John Paul II's 28 years as Pope, he canonized a total of 480 men and women. However, during that same time, he declared only one "Doctor of the Church" - Saint Therese of Lisieux.

In our daily lives, we have many opportunities to also perform "small things with great love."

For example:

- When we have to take out the garbage (again), because no one else did (again)...we can just do it – offering it as a prayer to God. No one else may even notice. That's OK. God noticed.
 - When we're blessed to be the first person to pick from the warm chocolate chip cookies for desert (yum)...instead of choosing the biggest, with the most chocolate chips...leave that for someone else, and chose one less appealing. Offer it as prayer to God.
 - Park further away from the store...leaving the closer spaces for other people
 - Let others get in line for the buffet before you – getting first choice at the food selection
-

- Clean off the dinner table for others

Visit the [“I Need Ideas”](#) page of our website for more thoughts to consider.

During a recent storm, a garbage can was blown into a busy street. Cars drove around the can, as it was tossed around the lane by the wind. Combined with snow, ice, and slippery roads...it was only a matter of time before this would cause an accident. A good Samaritan - who had just driven around the can - stopped his car, and got out to remove the can from the street. He then secured it on the sidewalk - where it wouldn't blow back into the street. A small act done for the love of people he doesn't know...and will never meet. Simply because he was called to do it for God - whether he realized it or not.

Today's Tip:

1. If you get discouraged by some of the things you're exposed to online these days, there's an alternative for you to consider. Check out www.GodTube.com. GodTube is a Christian video sharing website.

Today's Challenge:

A new Challenger, Gary, gives us a great suggestion to try this week. It's something that was passed on to him by his father, whose family practiced it during Lent - as a way for them to develop a deeper understanding of, and greater compassion and appreciation for, Jesus' suffering on the cross.

We understand that Jesus was crucified on a Friday, and suffered on the cross for

about 3 hours - from 12:00-3:00. Therefore, in addition to their traditional prayer, fasting, and alms giving during Lent, Gary's family does something special during those 3 hours. Every Friday, they refrain from using electronics from 12-3pm. No phones, computers, television, social media, radios, iPods, music, etc. Instead, they use that time to think about what Jesus did for them. And about what it must have been like for him.

With our reliance on electronics these days, that's a long 3 hours. However, what Gary's family learned pretty quickly (and we will too when we try the challenge) is that, although our 3 hours without electronics may seem like a long time...Jesus' 3 hours on the cross must have felt like an eternity!

Thank you for your suggestion Gary.

Today's Song:

When you get a chance, listen to the song "*Lifesong*" - by Casting Crowns, which contains the lyrics:

***"Lord I give my life,
A living sacrifice
To reach a world in need,
To be your hands and feet."***

Think about that. By participating in The Lenten Positive Acts Challenge, and by following the example of Saint Therese of Lisieux, that's what some of you are doing - acting as the hands and feet of God...and living your life as a sacrifice to help others.

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

"A word or a smile is often enough to put fresh life in a despondent soul"

- Saint Therese Lisieux

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!

Our mailing address is:

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