

## **40 Things to Give Up for Lent and Beyond**

**Fear of Failure** – You don't succeed without experiencing failure. Just make sure you fail forward.

**Your Comfort Zone** – It's outside our comfort zones where new discoveries are made.

**Feelings of Unworthiness** – You are fearfully and wonderfully made by your creator. (see [Psalm 139:14](#))

**Impatience** – God's timing is the perfect timing.

**Retirement** – As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. Our work is not always tied to a paycheck.

**People Pleasing** – I can't please everyone anyways. There is only one I need to strive to please.

**Comparison** – I have my own unique contribution to make and there is no one else like me.

**Blame** – I am not going to pass the buck. I will take responsibility for my actions.

**Guilt** – I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.

**Overcommitment** – Do less better and accomplish more.

**Lack of Counsel** – Wise decisions are rarely made in a vacuum.

**Impurity** – Live lives pure and without blemish.

**Entitlement** – The world does not owe me anything. God does not owe me anything. I live in humility and grace.

**Apathy** – Life is too short not to care.

**Hatred** – Do not be overcome by evil, but overcome evil with good ([Romans 12:21](#)).

**Negativity** – I will put the best construction on everything when it comes to other people. I will also minimize my contact with people who are negative and toxic.

**The Spirit of Poverty** – Believe that with God there is always more than enough and never a lack.

**Going Through the Motions** – The more you invest yourself, the more you will get back.

**Complaint** – Instead of contributing to the problem, be the solution.

**The Pursuit of Happiness** – God wants something greater and more lasting than happiness. It is called joy.

**Bitterness** – The only person I am hurting by holding on to this is myself.

**Distraction** – Life is filled with distractions that will take our eyes off the prize.

**Giving up** – God never gives up on us.

**Mediocrity** – If you are going to do something, then give it all you got.

**Destructive Speech** – Encourage one another and all the more as you see the day approaching (see [Hebrews 10:25](#)<sup>L</sup>).

**Busyness** – It is a badge of honor to be busy. But that does not always translate to abundance.

**Loneliness** – With Jesus I am never alone. He is with me wherever I go.

**Disunity** – If two of you agree on earth about anything, it will be done for them by the Heavenly Father (see [Matthew 18:19](#)<sup>L</sup>).

**The Quick Fix** – Rarely does true transformation happen overnight.

**Worry** – God is in control and worrying will not help.

**Idolizing** – Don't assign anyone a standard they cannot live up to.

**Resistance to Change** – Change is certain. It is not if we will change, but how we will change.

**Pride** – Blessed are the humble.

**Small View of God** – Don't tell God how big your problem is, tell your problem how big your God is.

**Envy** – I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.

**Ungratefulness** – You have been blessed in a way greater than you realize.

**Selfish Ambition** – God has a mission for me that is bigger than me.

**Self-Sufficiency** – Jesus is my strength. I can do all things through him (see [Philippians 4:13](#)📖)

**Sorrow** – Weeping may tarry for the night, but joy comes in the morning ([Psalm 30:5b](#)📖)

**My Life** – Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life ([John 12:25](#)📖).

Taken from <https://www.greaterthings.today/40-things-to-give-up-for-lent-the-list/>