

List of Behaviors we could give up for Lent

1. **My fear of failure** – We don't succeed without experiencing failure.
2. **My staying safe in my comfort zone** – It's outside our comfort zones where new growth is made.
3. **Feelings of unworthiness** – You are fearfully and wonderfully made by your creator.
4. **Impatience** – Good things take time to happen.
5. **People pleasing** – I can't please everyone anyways. There is only one I need to strive to please.
6. **Comparison and envy** – I have my own unique contribution to make and there is no one else like me.
7. **Blame** – I will take responsibility for my actions.
8. **Guilt** – The past is behind, I believe in forgiveness.
9. **Entitlement** – The world does not owe me anything.
10. **Apathy, going through the motions** – The world needs me, I can't be a bystander.
Aka, Complacency
11. **Hatred** – The opposite of love, especially when it is unjustified, or fed by the other's condition.
12. **Negativity and pessimism** – The opposite of gratefulness and hope. It helps to minimize my contact with people who are negative and toxic.
13. **Greed** – Believe that with God there is always more than enough and never a lack.
14. **Complaint and gossip** – Instead of contributing to the problem, be the solution.
15. **Bitterness** – The only person I am hurting by holding onto this is myself.
16. **Distraction** – Life is filled with distractions that will take our eyes off the prize.
17. **Giving up** – God never gives up on us.
18. **Mediocrity** – If you are going to do something, then give it all you got.
19. **Fruitless busyness** – We think it is a badge of honor to be busy, but busy does not necessarily mean effective.
20. **Worry and sorrow** – God is in control and worrying will not help. Worry is the opposite of prayer.
21. **Resistance to change** – Change is certain. It is not *if* we will change, but *how* we will change.
22. **Pride** – Blessed are the humble.
23. **Ungratefulness** – Not recognizing the many blessings we have received.
24. **Selfish ambition** – It should not be about me and my goals and needs.
25. **Self-sufficiency** – I need others.