During the season of Lent, we remember that Jesus loved us so much that he gave his life for us. Giving up something for Lent is a way of remembering Christ's ultimate sacrifice for each of us.

Would you be willing to give up complaining for a day—or longer? Today, instead of grumbling or complaining, honor Christ by speaking only words of kindness, encouragement, and love. It might just become a habit!

GO DEEPER: Ditch the negativity and embrace optimism.