

GIVE UP COMPLAINING

March 13, 2020



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](#).