



# 40 DAYS OF INTENTION

Inspired by Ramadan & Lent

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## Core Shared Themes

The traditions of Ramadan in Islam and Lent in Christianity invite one into a season of intentionality. This is a time when one devotes space to God, oneself and others through practices of:

- Simplicity & Fasting
- Prayer & Remembrance
- Charity & Service
- Mercy & Forgiveness
- Hope & Celebration

## An Invitation to Intention

This Ramadan and Lent, you're invited to step into 40 days of intention. This is a sacred time to reconnect with your spirituality, your inner self, and the people around you. To that end, here's a proposal for how you and your house or a friend could lean into this sacred season:



## **WEEK 1: INTENTION**

Finish the following sentence and share it with your house or a friend: "During these 40 days, I want to grow in \_\_\_\_\_"

Find a work of art that represents the way you want to grow. Meditate on it each day for 5 mins.

## **WEEK 2: FASTING + SIMPLICITY**

Ask yourself: What do I really need?

Consider simplifying your life in a meaningful way this week. Perhaps that means walking more than driving, reducing social media consumption or cutting out sugar or alcohol and use the money you save for other worth-while pursuits. Maybe ask a friend or your house to keep you accountable.



## **WEEK 3: PRAYER + REMEMBRANCE**

Ask yourself: who do I owe a debt of gratitude to for my life?

Consider beginning each day in prayer or reflection remembering a different person each day. Perhaps its a family member or friend. Perhaps its an ancestor or historical figure. Consider sharing about that person with someone you trust.

## **WEEK 4: CHARITY + SERVICE**

Ask yourself: who can I support this week?

Find and research an organization or person aligning with your values and find a way to offer support whether by giving money or your time. Consider sharing about that organization with a friend or your house.





## WEEK 5: MERCY + FORGIVENESS

Ask yourself: who has too much power to determine my well being, and is it time to let them go?

Forgiveness is not about saying a person's wrongdoing to you is okay, and it's not about letting them off the hook either. Forgiveness is choosing to declare a resounding "no!" to allowing a person's wrongdoing to have power over your emotional, mental or spiritual wellbeing. Be kind to yourself, and only choose instances that feel safe for you to explore.

Find a self-care practice each day that affirms your dignity and freedom and that undercuts the lie a person's wrongdoing has implicitly inflicted upon you.

Alternatively, consider letting go of regrets in your life in an act of self-forgiveness.

## **WEEK 6: HOPE + CELEBRATION**

Ask yourself: how have I grown this past six weeks? Be kind to and patient with yourself as you answer. Consider sharing with a trusted friend the ways these practices have changed your perspective on yourself or others.

Find a way to celebrate yourself by treating yourself to something each day.

Alternatively, consider celebrating your friends by inviting a few out to dinner or into your home and share a thoughtful affirmation with each of them. Express how much their friendship means to you.

**IN ALL THAT YOU DO, SHOW MERCY**

