

Here is the entire list of the 40 things to give up during Lent with links to further readings and explanations.

[LENTEN DEVOTION BOOK](#) by Phil Ressler

1. [Fear of Failure](#) – You don't succeed without experiencing failure. Just make sure you fail forward.
2. [Your Comfort Zone](#) – It's outside our comfort zones where new discoveries are made.
3. [Feelings of Unworthiness](#) – You are fearfully and wonderfully made by your creator. (see [Psalm 139:14](#))
4. [Impatience](#) – God's timing is the perfect timing.
5. [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.
6. [People Pleasing](#) – I can't please everyone anyways. There is only one I need to strive to please.
7. [Comparison](#) – I have my own unique contribution to make and there is no one else like me.
8. [Blame](#) – I am not going to pass the buck. I will take responsibility for my actions.
9. [Guilt](#) – I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.
10. [Overcommitment](#) – Do less better and accomplish more.
11. [Lack of Counsel](#) – Wise decisions are rarely made in a vacuum.
12. [Impurity](#) – Live lives pure and without blemish.
13. [Entitlement](#) – The world does not owe me anything. God does not owe me anything. I live in humility and grace.
14. [Apathy](#) – Life is too short not to care.
15. [Hatred](#) – Do not be overcome by evil, but overcome evil with good ([Romans 12:21](#)).
16. [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.
17. [The Spirit of Poverty](#) – Believe that with God there is always more than enough and never a lack.
18. [Going Through the Motions](#) – The more you invest yourself, the more you will get back.
19. [Complaint](#) – Instead of contributing to the problem, be the solution.
20. [The Pursuit of Happiness](#) – God wants something greater and more lasting than happiness. It is called joy.

21. [Bitterness](#) – The only person I am hurting by holding on to this is myself.
22. [Distraction](#) – Life is filled with distractions that will take our eyes off the prize.
23. [Giving up](#) – God never gives up on us.
24. [Mediocrity](#) – If you are going to do something, then give it all you got.
25. [Destructive Speech](#) – Encourage one another and all the more as you see the day approaching (see [Hebrews 10:25](#)).
26. [Busyness](#) – It is a badge of honor to be busy. But that does not always translate to abundance.
27. [Loneliness](#) – With Jesus I am never alone. He is with me wherever I go.
28. [Disunity](#) – If two of you agree on earth about anything, it will be done for them by the Heavenly Father (see [Matthew 18:19](#))
29. [The Quick Fix](#) – Rarely does true transformation happen overnight.
30. [Worry](#) – God is in control and worrying will not help.
31. [Idolizing](#) – Don't assign anyone a standard they cannot live up to.
32. [Resistance to Change](#) – Change is certain. It is not if we will change, but how we will change.
33. [Pride](#) – Blessed are the humble.
34. [Small View of God](#) – Don't tell God how big your problem is, tell your problem how big your God is.
35. [Envy](#) – I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
36. [Ungratefulness](#) – You have been blessed in a way greater than you realize.
37. [Selfish Ambition](#) – God has a mission for me that is bigger than me.
38. [Self-Sufficiency](#) – Jesus is my strength. I can do all things through him (see [Philippians 4:13](#))
39. [Sorrow](#) – Weeping may tarry for the night, but joy comes in the morning ([Psalms 30:5b](#))
40. [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](#))