



# 40 Things to Give Up for Lent and Beyond: A 40 Day Devotion Series for the Season of Lent

*Phil Ressler*

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Have you ever wondered what to give up for Lent?

Join us on this 40 day adventure through the season of Lent. Each day you will make a new discovery of something truly worth giving up. These 40 things are worth giving up not just for Lent, but for the rest of your life. You can give up things you eat and drink such as soda and chocolate. You can give up bad habits such as smoking or staying up late. But in this devotion you will look at giving up things which will transform your life. You will give up things like bitterness, loneliness, envy, and more. 40 Things to Give up for Lent is a powerful journey that will take your observance of Lent from ordinary to extraordinary.

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