

Planning for Lent

Lent is a time where we are called to refocus and live more simply while striving to be closer to God, and to live more like Jesus taught us to live our lives. Lent includes a focus on prayer, fasting, and almsgiving/service.

Make a plan for one thing you will do during Lent this year for each focus area of the Lenten season.

Prayer:

Fasting:

Almsgiving / Service:

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Prayer:

Ideas: read from the Bible each day, specific time for quiet and prayer every day, pray for someone new from church/school/work each day, attend church at least once during the week other than on a Sunday.

Fasting:

Ideas: give up a certain food/drink/candy that you love, give up the computer or TV one day per week, stop eating meals from out, give up an activity that wastes your time, focus on having simple meals during Lent, fast one day per week.

Almsgiving / Service:

Ideas: volunteer for a local organization, give up some of your normal spending and donate the money to those in need, help a friend or neighbor in need, visit an elderly friend or relative who doesn't get many visitors.

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Prayer:

Ideas: read from the Bible each day, quiet and prayer every day, pray for someone new from church/school/work each day, attend one weekday Mass each week, go to Adoration each week, pray a decade of the Rosary every day

Fasting:

Ideas: give up a certain food/drink/candy that you love, give up the computer or TV one day per week, stop eating meals from out, give up an activity that wastes your time, focus on having simple meals during Lent, fast one day per week.

Almsgiving / Service:

Ideas: volunteer for a local organization, give up some of your normal spending and donate the money to those in need, help a friend or neighbor in need, visit an elderly friend or relative who doesn't get many visitors.