



Daily Activities for Lent




Pray for a friend † Call someone who is lonely † Be patient and kind to everyone you see today † Be a peacemaker at work or school † Spend extra time with your children † Focus on gratitude and refrain

from complaining † Donate to St. Vincent de Paul † Try to understand another's point of view † Share a family meal † Pray for an enemy † Spend some quiet time alone † Let those you love know how you feel † Attend daily Mass or Way of the Cross † Give up gloom, smile † Trust in the Lord in all things † Clean out a closet or a drawer and give away all your "extras" † Readily forgive anyone who has hurt you † Be a sign of hope for someone who is depressed † Try not to waste anything for one day † Say "I'm sorry", and mean it † Refuse to judge or criticize others † Visit the elderly or someone who is ill † Praise someone honestly † Adopt a generous attitude † Be persistent in prayer, give up giving up † Smile even if you don't feel like smiling † Make someone laugh † Clean up litter on your street, at your church, in your neighborhood, or at a local park † Focus on being positive at home and work † Control your tongue, give up gossiping † Respond the first time someone calls you † Visit www.catholicrelief.org † Cement a friendship with a small



gesture † Compliment someone instead of criticizing † Volunteer your time to help someone † Really pay attention to someone † Laugh, substitute humor for tension † Examine your conscience † Thank God for the gift of life † Listen †



Pray! Fast! Give!

Involving ourselves in the disciplines of prayer, almsgiving, and fasting helps us to prepare for Easter.

PRAYER ~ Prayer, the process of listening to and responding to God's call, sustains and nurtures our relationship with our triune God: Father, Son, and Holy Spirit. Opportunities for prayer can include attending Mass, praying the liturgy of the hours, praying with family, prayerfully reading and reflecting on Scripture, quiet time alone with God.

FASTING ~ By fasting ...voluntarily going without, Lent teaches us to hunger for God and to thirst for God's justice. By fasting and self-denial we feast on the spiritual values that lead to works of charity and service.

ALMSGIVING ~ Jesus was always concerned about those who were poor and in need. To be a disciple of Christ means to live a life of Charity. To be a disciple of Jesus is to live a life of stewardship, generously giving of our time, talent and treasure.