

For Adults

“LENT CHALLENGE” Use this sheet for ideas on how to make the 40 days of Lent a good and holy season! Every day, do one or more of the ideas below.

Every time you complete a prayer or action, cross off the box.

Bring the completed sheet to the Parish Office by Good Friday, March 30,
for your chance to be entered into a parish drawing on Easter Monday!

ATTEND MASS AT A DIFFERENT TIME THAN USUAL	PERFORM A RANDOM ACT OF KINDNESS	FORGIVE SOMEONE	PRAY A ROSARY FOR SOMEONE WHO IS DIFFICULT TO GET ALONG WITH
PRAY FOR OUR DEACONS	VOLUNTEER TO HELP WITH SOMETHING AT THE CHURCH	ATTEND AN HOUR OF ADORATION IN THE CHURCH OR CHAPEL	INTRODUCE YOURSELF TO SOMEONE AT CHURCH THAT YOU HAVEN'T MET BEFORE
LISTEN TO AN AUDIO TALK ON: www.FORMED.org Access Code: 90c575	MAKE A DONATION TO A CHARITY	ATTEND A WEEKDAY MASS	PRAY A ROSARY FOR FR. LIBOR
SIT IN A PEW THAT YOU HAVE NEVER SAT IN BEFORE	WEAR A SCAPULAR OR CROSS	SEND A CARD TO SOMEONE WHO MAY FEEL FORGOTTEN	WATCH “OPENING THE WORD” BEFORE MASS ON: www.FORMED.org Access Code: 90c575
PRAY FOR THE POOR SOULS IN PURGATORY	VISIT A NURSING HOME	ATTEND A CLASS OR EVENT AT THE CHURCH	HELP SOMEONE IN NEED

*“The Lord measures out perfection neither by the multitude nor the magnitude of our deeds,
but by the manner in which we perform them.” – St. John of the Cross*

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VISIT A CEMETERY AND PRAY FOR THE POOR SOULS IN PURGATORY	GO TO CONFESSION	PRAY THE CHAPLET OF DIVINE MERCY	GIVE UP SNACKING BETWEEN MEALS FOR ONE WEEK
ONLY DRINK WATER FOR ONE DAY	PRAY FOR OUR DEACONS	ATTEND AN HOUR OF ADORATION IN THE CHURCH OR CHAPEL	STRAIGHTEN THE BOOKS IN THE PEWS AFTER MASS
LISTEN TO AN AUDIO TALK ON: www.FORMED.org Access Code: 90c575	MAKE A DONATION TO A CHARITY	FIND THREE THINGS TO BE GRATEFUL FOR EVERY DAY	PRAY A ROSARY FOR FR. LIBOR
PRAY A ROSARY FOR SOMEONE WHO IS DIFFICULT TO GET ALONG WITH	READ THE BIBLE 10 MINUTES EACH DAY FOR A WEEK	PERFORM A RANDOM ACT OF KINDNESS	WATCH “OPENING THE WORD” BEFORE MASS ON: www.FORMED.org Access Code: 90c575
WATCH A SAINT MOVIE	SEND A CARD TO SOMEONE WHO MAY FEEL FORGOTTEN	VOLUNTEER TO HELP WITH SOMETHING AT THE CHURCH	HELP SOMEONE IN NEED

“Give something, however small, to the one in need. For it is not small to one who has nothing. Neither is it small to God, if we have given what we could.” -St. Gregory Nazianzen

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For CHILDREN

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PRAY ONE DECADE OF THE ROSARY FOR YOUR TEACHERS	GO TO CONFESSION	READ ABOUT A SPECIAL SAINT	GIVE UP SNACKING BETWEEN MEALS FOR ONE DAY
PRAY TO YOUR GUARDIAN ANGEL	GIVE A TOY TO A NEEDY CHILD	MAKE YOUR BED EVERY DAY FOR ONE WEEK WITHOUT BEING ASKED	DO SOMETHING NICE FOR A FAMILY MEMBER
GIVE UP YOUR FAVORITE TV SHOW FOR ONE WEEK	PERFORM A RANDOM ACT OF KINDNESS	FIND THREE THINGS TO BE GRATEFUL FOR	PRAY ONE DECADE OF THE ROSARY FOR FR. LIBOR
DON'T EAT ANY SWEETS FOR ONE WEEK	DO SOMETHING NICE FOR A NEIGHBOR	PRAY 1 DECADE OF THE ROSARY FOR SOMEONE WHO HAS BEEN MEAN TO YOU	DONATE A TOY TO A CHARITY FOR SOMEONE LESS FORTUNATE
PUT YOUR CLOTHES AWAY WITHOUT BEING ASKED	WRITE A NICE NOTE TO A FAMILY MEMBER	MAKE A VISIT TO JESUS AT CHURCH	EAT <u>ALL</u> YOUR DINNER WITHOUT COMPLAINING

"Nothing great is ever achieved without much enduring."

– St. Catherine of Siena

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For TEENS

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WAKE UP EARLIER THAN NORMAL TO PRAY	GIVE UP SNACKING BETWEEN MEALS FOR ONE WEEK	GIVE UP ALL SOCIAL MEDIA FOR ONE WEEK	LIMIT YOURSELF TO 15 MINUTES OF TECHNOLOGY FOR ONE DAY
WEAR A CRUCIFIX VISIBLY AROUND YOUR NECK FOR ONE WEEK	PRAY A ROSARY FOR YOUR PARENTS	CLEAN THE KITCHEN AFTER A BIG MEAL WITHOUT BEING ASKED	PRAY THE CHAPLET OF DIVINE MERCY FOR THE CONVERSION OF SINNERS
GIVE UP TV & MOVIES FOR ONE WEEK	PRAY THE STATIONS OF THE CROSS	BUY A CHOCOLATE BAR AND GIVE IT AWAY	PRAY A ROSARY FOR FR. LIBOR
DON'T SNACK BETWEEN MEALS FOR ONE WEEK	GO TO CONFESSION	PRAY 1 DECADE OF THE ROSARY FOR SOMEONE WHO HAS BEEN MEAN TO YOU	DO SOMETHING NICE FOR SOMEONE LESS FORTUNATE
CLEAN YOUR BEDROOM FOR ONE WEEK WITHOUT BEING ASKED	GIVE UP LISTENING TO MUSIC FOR ONE WEEK	MAKE A VISIT TO JESUS IN EUCHARISTIC ADORATION	ASK AN ADULT WHAT YOU CAN DO TO HELP THEM (1/2 DAY PROJECT)

"And he said to all: If any man will come after me, let him deny himself, and take up his cross daily, and follow me" - Luke 9:23

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