

SPECIAL BONUS

LENT

ACTIVITIES

40 Lenten Activities for Catholic Families

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| Give up television and Internet for one day. | Genuinely compliment someone who isn't expecting it. | Donate a bag of food to a local church or charity. | Go to a weekday Mass. | Pray for good things for someone who has been unkind to you. | Visit an elderly friend or relative who doesn't get a lot of visitors. | Make homemade pretzels, a traditional Lenten food. | Make an almsgiving box and collect change throughout Lent to donate. |
| Plan a simple meal and talk as a family about how to help the hungry. | Pray for people in your parish's RCIA program preparing to enter the Church. | Do a craft, piece of art, or creative project that glorifies the Lord. | Send a card or note of encouragement to a priest or a member of a religious community. | Pray for an increase in religious vocations. | Ask for forgiveness from someone that you have wronged. | Not just Friday: Have an additional meatless day one week during Lent. | Pray for someone preparing for First Communion or Confirmation. |
| Light a candle at church and pray for someone in your life. | Volunteer some of your time to help at church, school, or home. | Clean up a mess that somebody else made (without complaining). | Memorize a prayer that you don't already know by heart. | Surprise someone by doing a task or chore that they normally do. | Donate a bag of things that are still nice, but that you just don't use. | Pray the Rosary (or even just a decade) as a family. | Thank someone who has been a good influence in your life. |
| Read a religious book individually or as a family. | Listen to religious music while doing a task you have been putting off. | Attend (or read at home) the Stations of the Cross. | Pray for world political and religious leaders. | Make hot cross buns. | Learn more about a saint that your family is unfamiliar with. | Do something healthy to take care of the body God gave you. | Clear your mind of other things and sit quietly with God. |
| Do something to help the Earth. | Go to Adoration, even if it's just for a little while. | Pray for the Pope. | Watch a religious movie together as a family. | Give up sweets and other snacks for a day. | Read one book of the Bible. | Do a foot washing with your family members. | Attend a Holy Week Mass. |

prayer

pray for
a sibling
or family
member

prayer

pray a
decade of
the rosary

prayer

write a
letter of
thanks to
someone
you love

prayer

pray the
Divine
Mercy
Chaplet

prayer

pray for
someone
you dislike

prayer

sing all the
songs at
Mass

prayer

read a
book
about your
favorite
saint

prayer

listen to
christian
radio/cd
all day

prayer

spend 5
minutes in
quiet
prayer

fasting

fast from
all screen
time

(tv, computer,
video games,
readers, iPhone, etc.)

fasting

fast from
saying
anything
negative

fasting

fast from
tattling

fasting

fast from
snacks

fasting

sleep
without
your pillow
or lovey

fasting

fast from
sweets

fasting

fast from
eating out

fasting

fast from
buying
anything
on Sunday

fasting

fast from
yelling

alms
giving

plant a
flower or
herb

alms
giving

open the
door for
someone

alms
giving

let someone
go ahead
of you
in line

alms
giving

send a nice
email to a
friend

alms
giving

buy the
homeless a
meal

alms
giving

volunteer
with a local
charity

alms
giving

call a
relative

alms
giving

unload the
dishwasher

alms
giving

do something
anonymously
for a friend
or neighbor

my
GRACE
is
SUFFICIENT
FOR YOU
for my
POWER
IS MADE
PERFECT
in
Weakness
○○○○○○○○○○
WHEN I AM WEAK
THEN I AM STRONG
2 COR 12:9,10

You will
seek me
♥ and ☆
Find me
When you
seek me
with all
of your ♥
heart. ♥
Jeremiah 29:13
————— // —————
☆ ☆

"I am the vine;
you are the
branches.
If you remain
in me and I
in you,
you will bear
much fruit;
apart from
me you can
do nothing."
JOHN 15:5