

A L E N T E N J O U R N E Y

During Lent, think of all you have to be thankful for and out of gratitude for those blessings make a contribution to helping the children in mission lands. Even though your contributions and prayers may seem small in light of the great problems facing children in our world's poorest areas, together they can add up to real change. The following are suggestions for your forty-day period of prayer, penance, and spiritual exercises in preparation for the celebration of Easter.

1. **Take less of what you like and more of what you dislike at meals today.** There are hungry children who eat whatever they can get, even if it's from the garbage.
2. **Take nothing to drink during meals.** There are poor children who don't even have clean drinking water.
3. **Drink only water today;** in appreciation for the clean drinking water you do have.
4. **Do not use seasoning and condiments (salt, pepper, ketchup, mustard, etc.) on your food today.** Many poor children have only bland food to eat as their one meal per day.
5. **Avoid listening to the radio at all today.** Most mission children do not have radios.
6. **Take nothing to eat between meals today.** Give thanks for the 3 meals you get everyday.
7. **Avoid any T.V. or videos;** instead say prayers for the suffering children in the missions.
8. **Take only one helping of each item at meals today.**
9. **Say a rosary for missionaries who serve the poor.** Missionaries sometimes put themselves in danger to bring hope and Jesus's love to people everywhere.
10. **Don't do any unnecessary talking today;** instead say little prayers throughout the day.
11. **Use your patience today in all things.** Think of how Jesus would respond.
12. **Don't complain all day.** Offer up your "sufferings" in silence.
13. **Don't show any anger today;** go out of your way to be kind to the person who caused your anger.
14. **Don't be distracted with someone else's business.** Focus on what you should be doing.
15. **Avoid any gossip today;** instead ask God to bless the person or situation you were tempted to gossip about.
16. **When asked to do something extra, do so with a positive attitude and without complaining.** Give thanks for your health and abilities.
17. **Speak in a pleasant tone to everyone today;** spreading the love of Jesus.
18. **Avoid using the phone today.** Say a special prayer for those you were going to call.
19. **Tell the truth - always.**
20. **Avoid any selfishness today.** Put the needs of others first.

21. **Help someone anonymously today.** Do good without expecting anything in return.
22. **Be generous today;** help someone you normally wouldn't talk to.
23. **Do three acts of kindness today for your brother or sister without being asked.**
24. **Do three acts of kindness today for your mom or dad without being asked.**
25. **Show courage;** walk away from any impure situations today.
26. **Focus on your spiritual growth today;** do something to bring you closer to God.
27. **Go out of your way today to help or talk to someone who is usually difficult.**
28. **Volunteer for an extra job today.**
29. **Say a rosary today for a nonbeliever somewhere in the world to believe in God.**
30. **Visit someone who is sick or lonesome today.** Offer to pray with them.
31. **Go to confession.** Cleanse your soul.
32. **Have a prayer night with your family.** A family that prays together, stays together.
33. **Participate in the Stations of the Cross at your parish.** Know how much Jesus loves you.
34. **Make time for God - always.** He is the source of your every grace and blessing.
35. **Mission Easter Eggs;** say a prayer for the missionaries and children in the missions as you color an egg in the color that represents that area. **Green = Africa Yellow = Asia**
Blue = the islands of the Pacific Red = the Americans and White (draw a design on a white egg with the background remaining white) = Europe
36. **Start a prayer journal;** a reflection of how God hears and answers your prayers.
37. **Give unused toys or clothes to a charity.** There are many children who have very little or none of these.
38. **Recognize someone else for his or her good deeds.**
39. **Thank God for three things that happened to you today.**
40. **Give \$1 to the Missionary Childhood Association (MCA) to help mission children.**

Prayer:

Lord, our God, help us to walk with You and to live out Your mission in today's world. Open our hearts to children who are in need, children who are sick and children who live without peace. Through our prayers and actions, may our brothers and sisters in the missions come to know the love of Jesus. Father we make this prayer to You, knowing how much You love us always. Amen.

Happy Easter!