



Join us in the
**LENTEN CROSS
CHALLENGE**

How It Works:

- 1. Each weekend, take a slip from the clear stand.**
- 2. Practice the Lenten penance on the slip throughout the week.**
- 3. The following weekend, select a new challenge!**

SMALL SACRIFICES, OFFERED WITH LOVE, LEAD US CLOSER TO CHRIST.

Resurrection Catholic Church

2026 Lenten Cross Challenge List

- First week of Lent – Write a letter to yourself: part reflection, part encouragement, and part wish list for Lent. Seal it up and reread it on Easter.
- Attend Dr. Ray Guarendi talk on Monday, February 23.
- Attend Rosary Wednesday.
- Get up 15 minutes early three days this week to pray or read from the Bible.
- Contact someone this week who may feel alone or challenged by life.
- At the end of each day, write down three blessings you have received.
- Do a random act of kindness for someone every day this week.
- Sit in a different pew at Mass this Sunday.
- Read a chapter in the Bible every day this week or listen to the daily Gospel on Hallow.
- Attend a daily Mass this week.
- Bring a friend who has stepped away from the Church to Mass.
- Attend adoration this week.
- Run an errand for a busy family member or neighbor.
- Read at least some Scripture every day this week.
- No screens for the first 15 minutes of the day.
- Pause at least five times a day this week. Lift your heart and mind to God and pray: “Jesus, I love you.”
- Practice intentional compliments. Notice something genuine in someone and tell them.
- Pray for your enemies or those you disagree with. Each day, thank God for that person and ask God to bless them.
- Listen to only Christian music (or no music) while driving this week.

- Bag Day – Choose any size bag and fill it with items to donate to St. Vincent de Paul.
- Limit social media to 30 minutes a day this week.
- Plan a surprise gesture for someone who needs it.
- Send a kind note to someone who needs a reminder of how much Jesus loves them.
- Smile and make eye contact with everyone you see this week.
- Go to confession this week.
- Avoid gossip this week. Step away or ask, “Why are you telling me this?”
- Send a card or uplifting message to someone who may feel forgotten.
- Choose one full day (or set hours) to be completely screen-free.
- Have an Act of Kindness day. Do something helpful for someone you usually find difficult to help.
- Aim for one hour of family movement time. Break it into shorter sessions if needed.
- Pray the Rosary together as a family this week using Hallow.
- Express appreciation to a family member by making a card or making a special phone call.
- Share one gratitude per person at breakfast or dinner every day this week.
- Give a hug to each household member every morning and evening this week.
- Go to adoration as a family. Even a short visit is worth it.
- Pray before meals and have each person share one intention for the day.
- Make time on Sunday for a family-focused day: Mass and a simple activity together.