



WAYS FOR 40 DAYS



The Lenten Season is an invitation to grow in both love of God and love of neighbor. Can you try these forty acts of love, service, and prayer during Lent? You can complete them in any order and check them off as you go!

- Go to Mass on Ash Wednesday and receive Ashes
- Attend Stations of the Cross at your parish
- Read a story from the Gospel before bed
- Share special intentions as a family, and then pray an Our Father, Hail Mary, and Glory Be
- Give an offering in your parish collection
- Do an extra chore without being asked
- Fast from complaining for a day
- Chose a local organization and go volunteer with them as a family
- Let someone else have their turn first
- Fast from sweets for a day
- Pray the Stations of the Cross at home with your family
- Fast from TV for a day
- Clean out a closet and donate items that could be used by someone else
- Fast from music for a day
- Write a kind note for someone
- Sort through your toys and find some that you can share with someone else or donate to charity
- Invite a guest over for dinner
- Make a donation to a local food pantry
- Make a card for your priest and give it to him after Mass
- Offer to help a grandparent or neighbor with a chore
- Send a card in the mail to someone
- Fast from electronics for a day
- Donate diapers, baby food or formula to a pro-life organization
- Call a friend or family member who lives far away and talk to them on the phone
- Bring a meal to someone who is sick, elderly, or has a new baby
- Try a new meatless recipe for dinner
- Pray the Divine Mercy Chaplet
- Go to a local fish fry
- Let someone borrow a toy/book/game
- Collect spare change and donate it to a charity
- Fast from snacking between meals for a day
- Go through your books and find any that you can donate or share
- Drink only water for a day
- Donate socks and gloves to a homeless shelter
- Draw a picture and drop it off to a neighbor or friend
- Visit a cemetery and pray for those who have died
- Read a story about the life of a Saint and then share it with someone else
- Go to Confession if you are old enough. Apologize when you have done something wrong
- Attend Mass an extra day this week
- Pray a decade of the Rosary as a family