

Ideas for Lent

Prayer Ideas

- Pray the Our Father each day
- Go to confession once per week
- Pray a decade of the Rosary each night with family
- Pray a full Rosary once a week.
- Spend five minutes in silent prayer before getting out of bed each day
- Write your own Our Father prayer



Almsgiving Ideas

- Pay for the lunch of the person in line behind you once a week
- Buy your parent coffee or another beverage
- Donate clothing or toys to a local charity
- Volunteer your time to a soup kitchen
- Have a yard sale and donate funds to your church

Fasting Ideas

- Limit social media to twice per day for one hour each time
- Limit dessert to once per week
- Limit portions at meal time to one helping
- Limit TV/live streaming to one hour per day
- Limit gaming to one session each day



Your Lenten Journey

Tools

- Pray_Every_Day® wristband
- ARMI Prayer Warrior prayer card
- Act of Contrition prayer card
- Pray the Rosary prayer card
- Pray_Every_Day® rosary pattern

Get yours at lampsaglow.com!



My Lenten Plan:

My Lenten Promise:

**Unlock the grace of Lent.
Use these four keys**

L-E-N-T

- **Let Go** - allow God to lead your journey
- **Enter In** - surrender your heart to God's unplanned interruptions
- **Never Give Up** - everyday is a new day of God's Mercy to begin again
- **Time Out** - give yourself silent moments of rest with God