


LENT

prayer • fasting • almsgiving

Lenten Journey 			March 6 Ash Wednesday Get Ashes!	March 7 Go to confession	March 8 Spiritually adopt an unborn baby	March 9 Send a card to someone
March 10 Change your radio station to a Christian station for one day	March 11 Ask some- one to pray the rosary with you	March 12 Visit Jesus in Eucharistic Adoration	March 13 Drink only water for one day	March 14 Do a workout without music	March 15 Make a sacrifice for a person who is chal- lenging to love	March 16 Donate a bag of clothes
March 17 Say a special prayer to St. Patrick	March 18 Go for a walk with Jesus	March 19 Read a book about Lent to a child	March 20 Repeat one that you liked	March 21 Begin a Novena of your choice	March 22 Open the bible to a random page to read	March 23 Pray the Divine Mercy Chaplet
March 24 Go to Mass 10 minutes early	March 25 Write the Our Father	March 26 Choose a Station of the Cross to reflect upon	March 27 Write and pray the Serenity Prayer	March 28 Kneel be- fore a crucifix	March 29 Write a letter to Jesus	March 30 Make a list of 10 things you are grate- ful for
March 31 Take a picture of something in your church that inspires you	April 1 Repeat one that you liked	April 2 Google a quote from your favorite saint	April 3 Write a letter to Mary	April 4 Go to confession	April 5 Write the Fatima Prayer and decorate around it	April 6 Ask some- one to pray the rosary with you
April 7 Sit outside and enjoy the fresh air	April 8 Go for a walk with Jesus	April 9 Visit Jesus in Eucharis- tic Adora- tion	April 10 Drink only water for one day	April 11 Make a sacrifice for a per- son who is challenging to love	April 12 Pray the Divine Mercy Chaplet	April 13 Choose a Station of the Cross to reflect on