

# MY LENT

## FOR CATHOLIC CHILDREN

### PRAYER

Pray a decade of the Rosary  
Pray the Chaplet of Divine Mercy  
Pray the Act of Contrition  
Read the Bible  
Sit in the quiet with God  
Pray for your family

### FASTING

Give up TV for a day or two  
Give up your dessert  
Do something kind for someone  
Let someone else go first  
Fast from complaining  
Read your Bible instead of TV

### GIVING

Do a chore without being asked  
Set aside extra money to give  
Donate toys you no longer need  
Make cookies to cheer someone up

Fill in what you'd like to commit to this Lent. Think of areas you can grow in relationship with the Lord like taking on an extra prayer or giving up something that may be distracting you.

### MY LENT:



# MY LENT CHECK-IN

## FOR CATHOLIC CHILDREN

Check-in on your prayer, fasting, and giving commitments for Lent every week. Fill in what you did this week OR write in what you'd like to commit to for next week. Think of areas you can grow in relationship with the Lord like taking on an extra prayer or giving up something that may be distracting you.

**PRAYER**

**FASTING**

**GIVING**

