

# 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 TRACKER

Name: \_\_\_\_\_



Cross off the days as you move through Lent!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Feb 22 1	Feb 23 2	Feb 24 3	Feb 25 4
Feb 26	Feb 27 5	Feb 28 6	Mar 1 7	Mar 2 8	Mar 3 9	Mar 4 10
Mar 5	Mar 6 11	Mar 7 12	Mar 8 13	Mar 9 14	Mar 10 15	Mar 11 16
Mar 12	Mar 13 17	Mar 14 18	Mar 15 19	Mar 16 20	Mar 17 21	Mar 18 22
Mar 19	Mar 20 23	Mar 21 24	Mar 22 25	Mar 23 26	Mar 24 27	Mar 25 28
Mar 26	Mar 27 29	Mar 28 30	Mar 29 31	Mar 30 32	Mar 31 33	Apr 1 34
Apr 2	Apr 3 35	Apr 4 36	Apr 5 37	Apr 6 38	Apr 7 39	Apr 8 40

**Hooray! You made it to Easter!**

