

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.

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