

MY LENT COMMITMENTS

FOR CATHOLIC CHILDREN

Examples

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:



WEEKLY

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



MY LENT TRACKER

Name: _____



Cross off the days as you move through Lent!

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

Hooray! You made it to Easter!



LENTEN WORDSEARCH

*Wordsearch created with www.thewordsearch.com/

S	A	C	R	I	F	I	C	E	F	Y	E	R	C
I	F	D	T	P	E	L	P	R	U	P	S	R	M
R	E	Y	A	R	P	P	O	N	A	O	T	N	I
U	M	X	N	O	F	U	I	O	F	T	F	L	M
G	M	X	A	L	M	S	G	I	V	I	N	G	T
P	H	I	H	C	C	E	A	T	G	G	P	A	I
L	T	V	M	I	T	A	X	A	N	I	T	S	N
E	R	L	E	N	T	I	I	T	I	I	E	P	F
F	E	P	L	D	F	S	P	P	T	N	R	F	A
R	S	A	E	I	Y	Y	T	M	S	S	P	S	E
R	E	P	C	C	P	S	E	E	A	T	H	I	E
L	D	U	A	F	C	L	S	T	F	E	S	H	E
M	R	I	G	R	N	S	T	F	S	I	E	I	U
C	T	I	C	C	H	A	E	O	F	A	S	E	N

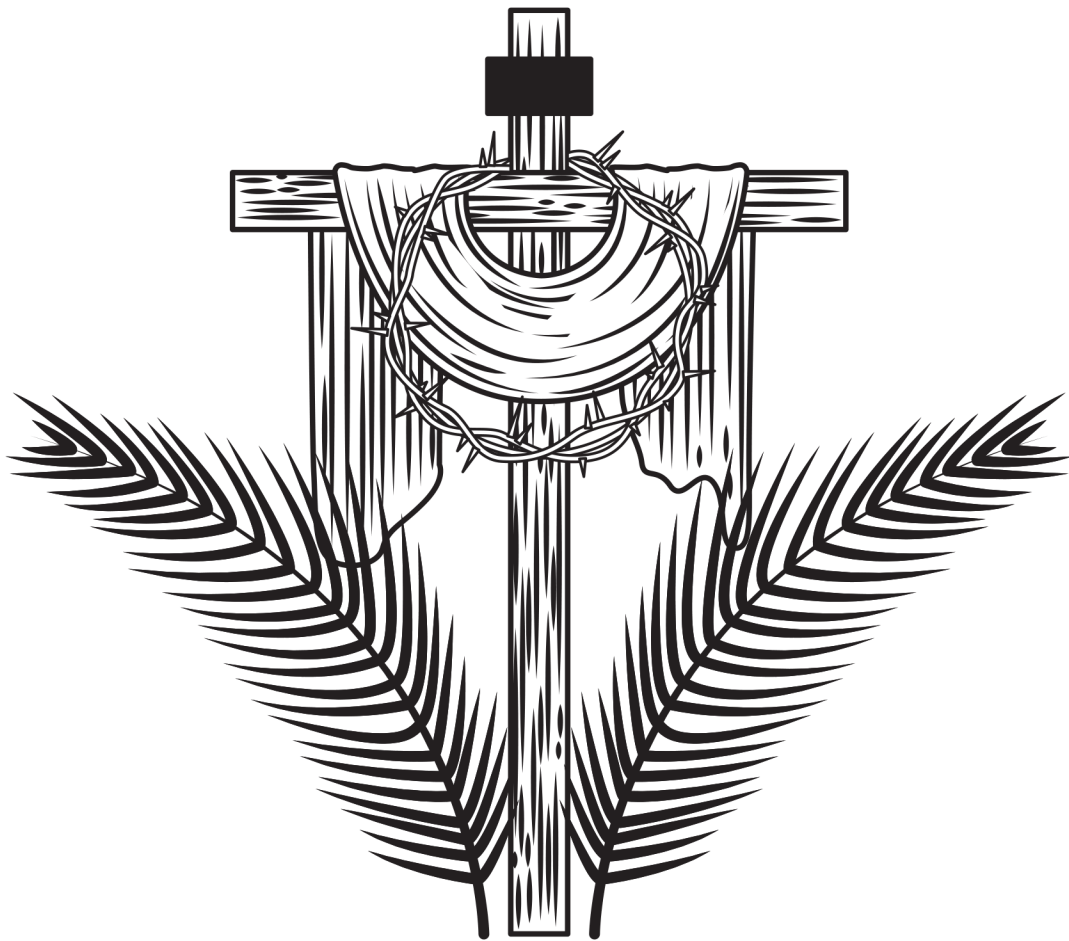
PRAYER
TEMPTATION
ALMSGIVING
FASTING
LENT
CRUCIFIX
DESERT
PURPLE
ASHES
SACRIFICE

Find and circle the Lenten words in this Lenten wordsearch. Good luck!

OTHER LENTEN WORDS YOU CAN THINK OF:



LENT



prayer - fasting - almsgiving

