

# Lenten Ideas for Fasting, Praying, and Giving

## Ideas for Fasting:

- Give up 30 minutes of screen time (not school work) and spend that time helping a family member
- Give up music for 30 minutes and read the story of the Woman at the Well in chapter 4 of the Gospel of John, verses 5-30.
- Be totally silent for 15 minutes and read the story of the Blind Man in chapter 9 of the Gospel of John, verses 1, 6-11, 35-38
- Give up comparing yourself to someone else today and read the story of the Good Shepherd in chapter 10 of the Gospel of John verses 1-18.
- Give up something that you enjoy today (like dessert or snacks) and spend a few minutes praying for the needs of others.
- Give up something that you enjoy today (procrastination, video games, etc)
- Give up buying something (a coffee or energy drink) and donate \$1 to the Lenten Drive in religion classes.
- Give up worry today & Praise God often. (God inhabits the Praises of His people.)
- Think about a bad habit that you would like to change, like telling a lie, yelling at others, getting angry, or putting people down, and choose to avoid that habit for three days.
- Think about someone you are angry with or who has hurt you. Ask God for the courage to forgive and pray for that person each day. Think about one thing that is good about them.
- Share lots of smiles today.
- Give a hug to everyone in your family.
- Compliment each person in your family some time today.
- Give up complaining, frowns, and negative thoughts today.
- Give up complaining about school work and say a prayer for a teacher.
- Carpool to school and donate the money saved in gas to a charity.

## Ideas for Praying:

- Pray a decade or whole rosary for peace in our world.
- Read the story of the Last Supper of Jesus in chapter 13 of the Gospel of John, verses 1-15.
- Download a prayer app on your phone and use it. (The Catholic apps listed here are free!)
  - #Pray40 Challenge from Hallow
  - Pray 40 Days: Fr. Michael Denk created the Pray 40 Days app to set your prayer time on fire. This app will change your prayer life forever.
  - Laudate: This app is wonderful year-round, not just during Lent. It provides daily readings, reflections, and a vast collection of prayers.
- Find a prayer partner for Lent. Text each other your prayer requests and respond with Bible verses for encouragement.
- Read the story of Easter chapter 20 of the Gospel of John, verses 1-9.
- Pray the "Our Father" three times today – in the morning when you get up, at noontime, and when you go to bed.
- Say a prayer for someone who is sick today. Leave the prayer intention in the prayer request jar in the chapel.
- Download this Playlist:

- The Vigil Project: “The VIGIL Project is a community of artists, musicians, and filmmakers that produce a multimedia resource for deep prayer and authentic encounter with God.” The first series they created focuses on songs for Lent, Easter, and Pentecost.
  - 40 Songs for 40 Days by Steubenville Conferences: An amazing list of 40 contemporary songs to help guide your prayer time this Lent. There is a direct link to Spotify so the work is done for you!
- Pray for a forgiving heart and ask the people you have hurt to forgive you.
- Read the daily Mass readings Lectio Divina Style. (google them, USCCB)
- Go to a Lenten Mass during flex on Friday or Tuesday morning Mass
  - Friday Masses: February 23, March 8, March 15, March 22
  - Tuesday Masses: February 20, February 27, March 5, March 12, March 19, March 26
- Participate in the Sacrament of Reconciliation.
- Pray a decade of the Rosary or Chaplet of Divine Mercy for those who are near death this day.
- Stream *The Prince of Egypt*. Watch the movie and read the story of Moses from the Book of Exodus, chapters 2-15. Try to read one chapter each day. Be sure to read the story of the Passover in chapters 12 through 13:22.
- List three blessings you have been given daily for one week. Say a daily prayer of gratitude.
- Pray for teens and families who are struggling, donate new packs of socks or underwear to the Northern KY Emergency Shelter.
- Watch an episode of *The Chosen* and respond in prayer to what moved you.

## Ideas for Serving/Almsgiving

- Sign up and participate in a SHDHS sponsored community service projects posted on schoology
- Donate the money you might spend on a coffee to the Lenten drive in your religion class each week! Proceeds go to Mary’s Meals and USA with Ukraine.
  - <https://www.marysmeals.org/>
  - [USA with Ukraine](#)
- Show an act of kindness to someone who is difficult to like.
- Write a thank you note to someone who is rarely thanked or recognized.
- Do someone else’s chores one day this week.
- Donate a new item of baby clothing or diapers to Rose Garden Home Mission.
- Go through your closet and find some clothes in good shape to donate to St. Vincent de Paul.
- Volunteer to help a local parish Fish Fry on a Friday.
- Write a letter or create a card for someone who is sick or might be lonely.
- Do the dishes or clean the bathroom without being asked.
- Give more than \$2 at the next out-of-uniform collection.
- Talk with your family about eating one simple meal each week of Lent and putting the money you save in the Lenten Drive collection.
- Clean classroom desks at school.
- Show an act of kindness to each family member three days in a row.