

OUR FAMILY'S 40 DAYS OF LENT

Fast from handheld electronics	Go to bed 15 minutes earlier than usual.	Fast from sweets (including drinks)	Pray for help with hard or sad feelings.
Upcycle or repurpose something	Fast from buying anything today	Eat raw today	Thoroughly clean something
Pray for people who are ill, specific or generally	Fast from sulking/dwelling	Make a card for someone who is lonely or shut in.	Pray the Lord's Prayer together.
Collect 1 good toy or item of clothing each day this week to donate.	Give 30 min. to 1 hour uninterrupted time to help someone.	Give thanks to God or a person 5 times today.	Give someone a turn before yours.
Fast from rushing	Pray in thanks for something in creation.	Do someone else's chore for them.	Make a toiletries bag to give to a person or shelter
Walk everywhere	Take the stairs instead of elevators or escalators whenever you can.	Pray for someone who has hurt you.	Fast from complaining
Read the 23 rd Psalm together.	Sincerely apologize.	Prepare a family meal and clean up all together.	Fast from interrupting.
Fast from texting	Write a note of encouragement to someone.	Fast from screen time	Clean and organize a drawer.
Pray or meditate quietly. 1 minute for every year or 2 min. for every decade you are old.	Fast from yelling	Repair/fix something	At bedtime or dinner pray for every person, by name who helped you today.
Learn a new song or dance move today.	Pray for help and peace for someone.	Fast from gossiping or tattling.	Pray the Evening Prayer of St. Augustine