

During Lent, the 40 days of preparation for the Easter season, Catholics are called to deepen their spiritual lives through the practices of prayer, fasting, and almsgiving. These are known as the pillars of Lent. How can you use the pillars to grow in faith? In addition to making a good confession this Lent, we invite you to practice something in each pillar throughout this Lenten journey. Use our suggestions or come up with your own.



**PRAYER:** Use more time in prayer this Lent to grow in your friendship with God, pray for those who are suffering, and develop or improve your daily prayer habits. How do you make communication with God a priority in your daily life?

- ❖ Make a commitment to read the Sunday scriptures before you go to Mass.
- ❖ Try a new spiritual practice such as going to daily Mass at least once/week, attending Stations of the Cross (Wednesday evenings), or Eucharistic Adoration (Thursdays).
- ❖ As you go through your day, pick out a person who appears to be struggling and pray for that person.
- ❖ Take home a Little Black Book of daily reflections, keep it by your bed, and read each night or morning.

This Lent, I will strive to \_\_\_\_\_

---



**FASTING:** Look at the habits in your life that are most keeping you from growing closer to God. What is that “false idol” in your life that you sometimes place ahead of God or your family? What would be a difficult sacrifice that you can offer up this Lenten season?

- ❖ Give up a favorite TV show, podcast, or author and replace that time with watching EWTN, listening to a Catholic podcast, or spiritual reading.
- ❖ Give up electronics, social media, or other addictive habits for a few hours each day and use that time to connect with your loved ones by spending time with them.
- ❖ Make a commitment to fast from insensitive, judgmental, or cruel comments both in speech, texting, and social media.
- ❖ Pick one type of expenditure that you’ll “fast” from during Lent such as daily coffee, going to the movies, or eating out. Give the money you would usually spend to a local charity. (Two pillars in one!!)

This Lent, I will strive to \_\_\_\_\_

---



**ALMSGIVING:** Do you share your time, talents, and treasure with those around you? How can you give of yourself, your worldly possessions, and/or your financial resources to make this world a better place?

- ❖ Take something on — 40 letters, 40 acts of kindness, or 40 phone calls to the important people in your life.
- ❖ Spend at least one weekend or evening volunteering during Lent.
- ❖ Make a point to learn more about a particular social issue (immigration, environmental concerns, public education, child poverty). Find an organization related to your chosen issue and support them with your time and/or treasure.
- ❖ Use your Catholic Relief Services Rice Bowl to reflect on the realities of people in need around the world and devote prayers, fasting, and almsgiving to changing the lives of the poor. (All three pillars!!)

This Lent, I will strive to \_\_\_\_\_

---

During Lent, the 40 days before Easter, you are asked to try harder to live like Jesus. He died on the cross for you. What can you do to show Jesus you are thankful? If you are old enough, you should go to Confession (Reconciliation) during Lent. The Church also says that no matter how old or young you are you can pray, give up things (fast), and help others (almsgiving). What are you going to do this Lent to pray, fast, and give? We have given you ideas to help, but you can come up with your own ideas for each section. If needed, ask a grown-up to help you fill out this page.

**PRAYER:** Jesus is your friend. He wants to talk to you every day. Do you make enough time for Jesus?

- ❖ Say an Our Father, Hail Mary, and Glory Be every day.
- ❖ Ask an adult to take you to Stations of the Cross or teach you to pray the rosary.
- ❖ Pick a different family member or friend to pray for every day.
- ❖ Use your best behavior during Mass and participate by praying and singing out loud.
- ❖ Use your religion book or the internet to pick a prayer you'd like to memorize. Recite it daily.



**This Lent, I will try to** \_\_\_\_\_

---

**FASTING:** Do you do things you know you shouldn't? Do you spend too much time doing fun things instead of important things like chores or homework?

- ❖ Instead of fighting with your siblings, find something fun to do with them every day.
- ❖ Give up TV, video games, YouTube, or other electronics for an hour a day. Use that time to read, play outside, learn a new hobby, or do something with your family.
- ❖ Only use your cell phone for contacting your parents or other relatives.
- ❖ Stop complaining about chores, homework, or bedtime.
- ❖ Give up a favorite food or drink and replace it with something healthier.



**This Lent, I will try to** \_\_\_\_\_

---

**ALMSGIVING:** Do you help others? Do you give things you don't need to people who do need them?

- ❖ Go through your toys or clothes. Give things you no longer use to a charity.
- ❖ Ask an adult to teach you something new (how to set the table, match socks, do laundry, cook a meal, or mow the lawn) and use your new skill to help your family.
- ❖ Do some extra chores for your family or neighbors. Put any money you earned in your Catholic Relief Services Rice Bowl.
- ❖ Draw pictures, write letters, or call friends and family members you don't get to see every day.



**This Lent, I will try to** \_\_\_\_\_

---