

What to Do for Lent

Fasting

From bad things:

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|---|---|---|
| <input type="checkbox"/> Drunkenness | <input type="checkbox"/> Being snarky or short or cold or whatever it is you do that makes talking to you an act of charity | <input type="checkbox"/> Impure books/television/movies/music |
| <input type="checkbox"/> Gossip | <input type="checkbox"/> Laziness—try exercising for Lent | <input type="checkbox"/> Lying |
| <input type="checkbox"/> Complaining | <input type="checkbox"/> Comparing yourself with others | <input type="checkbox"/> Cursing |
| <input type="checkbox"/> Calling names | <input type="checkbox"/> Anger | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Negativity | <input type="checkbox"/> Immodest clothing | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Being picky | | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Judging people | | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Arguing | | <input type="checkbox"/> _____ |

From good things:

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| <input type="checkbox"/> Snacking | <input type="checkbox"/> Coffee | <input type="checkbox"/> Gum |
| <input type="checkbox"/> Television | <input type="checkbox"/> Cream and sugar in your coffee | <input type="checkbox"/> Checking your smartphone when you're with people |
| <input type="checkbox"/> Lunch | <input type="checkbox"/> Social media | <input type="checkbox"/> Driving when you could walk |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Sarcasm | <input type="checkbox"/> Idle curiosity |
| <input type="checkbox"/> Makeup | <input type="checkbox"/> Scratching | <input type="checkbox"/> Anything that's about popularity—checking your blog stats, posting things on Facebook that are clever but not edifying |
| <input type="checkbox"/> Soda | <input type="checkbox"/> Your pillow | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chocolate | <input type="checkbox"/> Hot showers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shopping (the frivolous kind, anyway) | <input type="checkbox"/> Hot food | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Secular music | <input type="checkbox"/> Salting your food | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sweets | <input type="checkbox"/> Staying up stupid late—give yourself a bedtime! | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hitting the snooze button | <input type="checkbox"/> Wasting your life on the internet | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Secular reading | <input type="checkbox"/> Youtube | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Meat | <input type="checkbox"/> Wearing your favorite color | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Naps | <input type="checkbox"/> Alcohol | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Junk food | <input type="checkbox"/> Kissing | |
| <input type="checkbox"/> Fast food | | |

Prayer

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|--|---|---|
| <input type="checkbox"/> Daily Mass—maybe even daily! | <input type="checkbox"/> lives of the Saints or watching documentaries on the Saints | <input type="checkbox"/> Pick a virtue to strive for each day |
| <input type="checkbox"/> A chapter of the Bible a day | <input type="checkbox"/> Go to confession—every week, every other week, for the first time in 30 years.... | <input type="checkbox"/> Spend 10 minutes each night talking to the Lord about your day—thanking him for the good and the bad, apologizing for how you fell short, asking for the grace to be better the next day |
| <input type="checkbox"/> 10 minutes of meditation a day | <input type="checkbox"/> Pray the Stations of the Cross every Friday | <input type="checkbox"/> Listen to Christian music while you drive |
| <input type="checkbox"/> Chaplet of Divine Mercy | <input type="checkbox"/> Get up early to pray | <input type="checkbox"/> Listen to Catholic CDs while you drive |
| <input type="checkbox"/> Join a Bible study at your parish | <input type="checkbox"/> List 5 things you're grateful for every day | <input type="checkbox"/> Pick a Saint to be like and do it |
| <input type="checkbox"/> 20 minutes of Spiritual reading a day | <input type="checkbox"/> Journal | <input type="checkbox"/> Lectio Divina |
| <input type="checkbox"/> The Rosary—a decade or even a whole Rosary each day | <input type="checkbox"/> Blog! | <input type="checkbox"/> Pay attention at Mass |
| <input type="checkbox"/> Go to your Church's Lenten mission | <input type="checkbox"/> Be intentional about your time—make a schedule (with prayer featuring prominently) and stick to it | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Stop by an adoration chapel on your way home each day | <input type="checkbox"/> Go to an art museum or a botanical gardens once a week and just rejoice in beauty | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Don't turn on music while you drive—pray instead | <input type="checkbox"/> Break your fast with the Eucharist every day—don't eat until you've been to Mass | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Subscribe to some solid Catholic blogs | | <input type="checkbox"/> _____ |
| <input type="checkbox"/> The Liturgy of the Hours | | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Wear a crucifix | | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Spend the time you would have spent watching TV reading the | | <input type="checkbox"/> _____ |

Almsgiving

- | | | |
|---|---|--|
| <input type="checkbox"/> Donate the money you would have spent on whatever you're fasting from | <input type="checkbox"/> Invite a priest or religious to dinner | <input type="checkbox"/> Take someone to lunch every week |
| <input type="checkbox"/> Volunteer once a week—soup kitchen, shoveling snow, the nursery at church, whatever! | <input type="checkbox"/> Save up all your change (and maybe even your singles) and give them to charity | <input type="checkbox"/> Perform an act of charity every day |
| <input type="checkbox"/> Spend the time you would have spent watching TV with your family | <input type="checkbox"/> Write letters to your grandparents | <input type="checkbox"/> Tell someone about Jesus |
| <input type="checkbox"/> Step up your tithing game from 10% to 15% | <input type="checkbox"/> Call your mother | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Visit a nursing home | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Give someone a compliment every day | <input type="checkbox"/> _____ |

After brainstorming, discussing, and praying, pick one thing from each box for your family or community to do together this Lent:

Fasting from something bad:

Fasting from something good:

Prayer:

Almsgiving:

Now have each person in the family or community pick some personal commitments for Lent. Write them below:

Name	Fasting (bad)	Fasting (good)	Prayer	Almsgiving