

# What are you doing for Lent?

10 IDEAS FOR A MORE MEANINGFUL LENTEN SEASON

## 1. Give up sin

Show your love for God by keeping his commandments. Turn away from sins.

## 2. Fast

An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in alms.



## 3. Pray

Be in constant prayer. Pray for your family and friends, for those who suffer, and for the Church and the world.

## 4. Do good works

Help those in need. Pray for them and be ready to serve them in their time of need.



## 5. Give alms

Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.



## 6. Abstain

Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.



## 8. Control desire for possessions

Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.



## 7. Do meditative reading

Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit, and let God's thoughts and ways influence yours.

## 9. Control desire for entertainment

Too much entertainment and other distractions can lead to less or no time for the works of the Lord.

## 10. Carry out duties in life

Serve God by living out your vocation in love each day. God is calling each of us to be a living sacrifice. Offer your daily life through Christ!



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