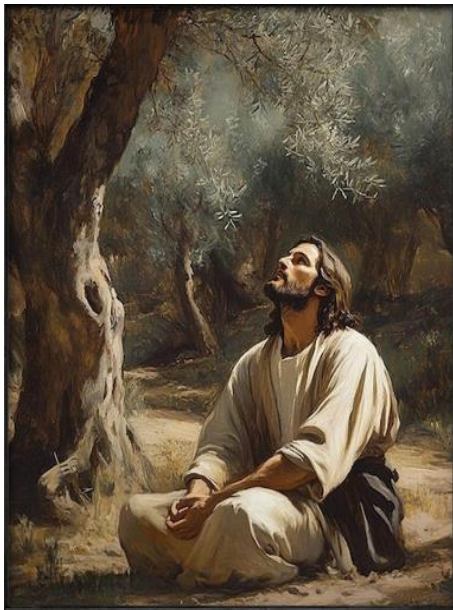


If you want to grow in holiness, try one of these fasting ideas:

- Give up sleeping in to attend daily Mass 2-3 times per week (this doesn't include the Sunday obligation)
- Perform an examination of conscience every evening
- Give up reading non-spiritual books/articles and [pray the rosary](#) every day instead
- Give up snacking and instead pray the [Divine Praises](#) every time you are tempted to snack
- Pray the [Chaplet of Divine Mercy](#) every day



Lenten “Love in Action” Program



**Fasting Ideas
for Lent**

How to Fast for Lent

Fasting is a form of sacrifice, where we intentionally deprive ourselves of something and offer up that inconvenience in union with Christ's sacrifice on the cross. This is one of two purposes for our fast during Lent.

The second goal of our fast should be to remove something from our lives in order to make more space for Christ. This hunger or desire we feel for this earthly thing is meant to help us recognize our need for our Lord. For example, if we are struggling to pray everyday, we could fast from social media and replace that time with prayer, holy reading, or reflection.

Every time we go to check Facebook or Instagram we can redirect that desire to a desire to spend time with Jesus. The trick here is to actually replace the item we are fasting from with something that will help us grow in our relationship with Christ. If we don't intentionally replace it, another habit or thing will quickly fill its place.

What should I fast for Lent? While there are many common things to give up for Lent, your Lenten fast should push you to grow closer to Christ and recognize your need for Him. In addition to the [obligatory Lenten fasts](#), we encourage you to branch out from your typical "no sweets" fast this Lent and try one of these out of the box ideas:

If you struggle to make time for prayer, try one of these fasting suggestions:

- Delete the two most used apps on your phone
- Set strict time limits for social media use (or remove it all together)
- Give up hitting snooze
- Give up reading or watching the news
- Get up 15 minutes early every day to pray
- Drive to work in silence (no radio, music, podcasts, etc...)

If you want to grow in humility, try one of these:

- Give up your pillow
- Pick a set number of outfits for the week and cycle through them all Lent (wash-rewear-repeat)
- Accept compliments when they are given to you, don't reject them
- Only drink water - no other drinks
- Find 7 of your favorite things (clothes, books, gadgets) and give one away each week
- Give up seeking the attention and approval of others
- Look for every opportunity to give up your seat for another

If you're seeking God's voice, try one of these ways to fast and pray:

- Read the daily Mass readings
- Sit in silence for 10 minutes a day
- Pray "Come Holy Spirit" every time you walk through a door
- Go to Confession once a week

If you need to detach yourself from worldly things,

try one of these things to fast from:

- Give up buying coffee out
- Give up online purchases
- Pause your meal-delivery service
- Bring your lunch to work every day (instead of eating out)
- Give up looking in the mirror
- Give up makeup
- Give up all TV (including Netflix, Hulu, Disney+, etc...)
- Give up video games
- Go through your possessions and donate 25% of them (and don't replace them by buying other things)

