

General Ideas for Lenten Sacrifices (Cont'd)

- Abstain from reading gossip/rumor sites.

Lent Almsgiving Charity/Donation Ideas

So, when you give to the poor, do not let anyone know what you are doing. Your giving should be done secretly. Your Father can see what is done in secret, and he will reward you. Matthew 6:3-4

Kids/Teens/General Almsgiving Ideas

- Spend time volunteering as a family.
- Allow kids to be the one to place money in the basket during the offertory at Mass.
- Introduce children to a charity and explain to them how and why to donate to it.
- Have children identify a toy they are willing to donate to St. Vincent de Paul.

Kids/Teens/General Almsgiving Ideas (Cont'd)

- Help children identify an article about clothing they can donate and explain that their donation can be a blessing to someone in need.
- Create a jar to collect change to donate.
- Donate food to St. Vincent de Paul.
- Donate a service (free homework tutoring, free professional assistance, etc.).
- Give a smile to someone you pass by, who may be homeless (instead of ignoring them).
- Join one of the ministries in your parish.
- Support a business that advertises in your parish bulletin.



Lenten “Love in Action” Program



Almsgiving/Prayer Ideas for Lent

Lent Prayer Ideas

Be anxious about nothing and pray about everything. Philippians 4:6

Adult Prayer Ideas

- Attend Adoration of the Eucharist – Thursday’s from 9:00 am – 6:45 pm Benediction
- Each morning, scroll through the contacts on your phone. Randomly stop and say a prayer for whichever person you land on
- Start the [Bible in Year podcast](#) with Fr. Mike Schmitz on Ascension or Hallow App
- Spend a few minutes with Scripture each day.
- Pray the [Rosary](#) once a day. Join Ascension Press App to pray Rosary in a year.
- Attend a daily Mass once a week.
- Invite a friend to attend the Mass with you.
- Attend or pray the [Stations of the Cross](#) every Friday
- Join the Lenten Program (The *Seven Last Words of Jesus*) on Friday nights after Stations of the Cross
- Go to confession.

Kids/Teen Prayer Ideas

- Pray on the way to school.
- Look up a saint each week and learn what makes them special.
- Pick a relative each day and pray for that person.
- Call a grandparent after church and discuss the Gospel/homily.
- Go to bed five minutes early and spend extra time talking with God.
- Research the name of your church and learn about its origins.
- Pay special attention to the intercessions at Mass and choose one to pray for during the week.
- Go to confession.

Fasting Ideas

But when you fast, anoint your head and wash your face, so that you may not appear to be fasting to others, except to your Father who is hidden. Matthew 6:16-18

Kids / Teen Fasting Ideas

- Give up a favorite toy or game.
- Fast from social media for a day
- Give up my favorite snack.
- Drink only water at school.

Kids / Teen Fasting Ideas (Cont'd)

- Give up a favorite chair at home or seat at school.
- Go without headphones/air pods for a day.
- Play your favorite game, focusing on helping others instead of winning.
- Allow others to pass in front of you on the lunch line.

General Ideas for Lenten Sacrifices

- Give up coffee (or only brew it at home)
- Give up alcohol.
- Give up certain social media sites or limit them to certain days/time of day.
- Give up electronics after a certain time in the day (i.e., no screens after 8 p.m.)
- Sleep without a pillow.
- Wake up without hitting the snooze button.
- Shower without hot (with only lukewarm) water.
- Keep the thermostat several degrees cooler.
- Park in the back of the parking lot and say a prayer as you walk to the grocery store.

