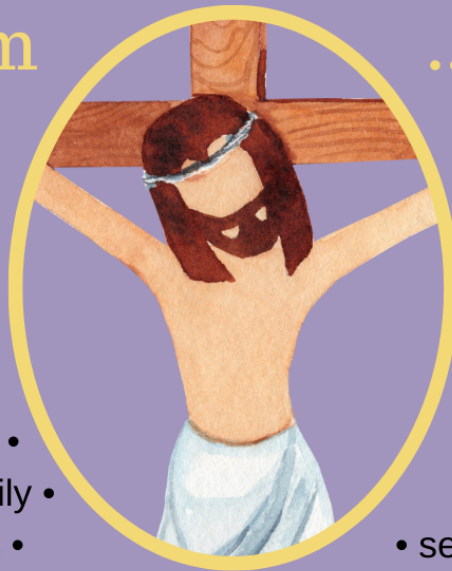


This Lent, could I give up something...

- negative self-talk • watching Netflix • complaining • elevators • coffee • texting •
- screen time • gossip • podcasts • TV • mom guilt • Youtube • non-religious music •
- the news • watching sports • desserts • overeating • yelling at other cars •
- snooze button • eating out • scrolling • long showers • salt & pepper • video games •
- snacking • rolling eyes • multitasking • leaving lights on • makeup • cursing •
- Instagram filters • being picky • soda • social media • your pillow

...to make room for God?

- read the Bible each day •
- pray the Rosary daily •
- read about the Saints •
- listen to religious music •
- pray a Divine Mercy chaplet •
- pray a Lenten devotional daily •
- pray the Stations on Fridays •
- pick a person each day to pray for •
- add daily Mass to your daily routine •
- journal for ten minutes each day •
- go to Confession every Saturday •
- visit Jesus in Adoration •
- forgive an enemy •
- take time to really listen •
- attend a Catholic retreat •
- stay after Mass to pray •
- invite someone to Mass •
- give religious Easter gifts •
- write a letter to God •
- keep a prayer journal •
- talk to God like a friend •
- pray for someone you don't usually •
- get up 15 minutes earlier for prayer •



...to make room for others?

- tutor a child after school •
- join a parish ministry •
- increase your donation •
- send a gift to a loved one •
- introduce yourself at Mass •
- pay for someone's groceries •
- send Easter cards to the elderly •
- collect items for a pregnancy center •
- donate food to your local food bank •
- give someone a compliment each day •
- collect items for a pregnancy center •
- run an errand for others •
- write a note of affirmation •
- cook for a new mom •
- offer to babysit for free •
- really give of your time •
- be fully present to others •
- write a letter each day •
- collect clothes to donate •
- apologize if you need to •
- compliment your spouse •
- find a service project with a charity •
- knit hats or blankets for premie babies •

Prayer, Fasting, and Almsgiving with a Purpose



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