A LENTEN JOURNEY

Ash Wednesday

Write a Lenten prayer (only one sentence) and add it to your prayer before meals.

STOP 1st Sunday of Lent

Create a "Family Fund" with10% of this month's income. Together, decide who to give it to.

STOP 2nd Sunday of Lent

Set aside 5 minutes each day. Close your eyes and imagine Jesus smiling at you.

STOP 3rd Sunday of Lent

"Fast" from half of the TV you usually watch this week. Find more life-giving activities. Report to the family at the end of the week.

STOP 4th Sunday of Lent

Open your eyes as to how God is at work in your life. Share your daily gratitude list at supper or bedtime.

STOP 5th Sunday of Lent

Together with family members, make a cross for your home.

Add Alleluia to grace during the next 40 days.

Eat only nutritious food this week. Are you allowing God to feed you?

STOP 6th Sunday of Lent

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