

## 40 for 40

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>40 for 40</b>  <i>What will you do for your 40 days?</i></p>			<i>Mar 1</i>	<i>Mar 2</i>	<i>Mar 3</i>	<i>Mar 4</i>
<i>Mar 5</i>	<i>Mar 6</i>	<i>Mar 7</i>	<i>Mar 8</i>	<i>Mar 9</i>	<i>Mar 10</i>	<i>Mar 11</i>
<i>Mar 12</i>	<i>Mar 13</i>	<i>Mar 14</i>	<i>Mar 15</i>	<i>Mar 16</i>	<i>Mar 17</i>	<i>Mar 18</i>
<i>Mar 19</i>	<i>Mar 20</i>	<i>Mar 21</i>	<i>Mar 22</i>	<i>Mar 23</i>	<i>Mar 24</i>	<i>Mar 25</i>
<i>Mar 26</i>	<i>Mar 27</i>	<i>Mar 28</i>	<i>Mar 29</i>	<i>Mar 30</i>	<i>Mar 31</i>	<i>Apr 1</i>
<i>Apr 2</i>	<i>Apr 3</i>	<i>Apr 4</i>	<i>Apr 5</i>	<i>Apr 6</i>	<i>Apr 7</i>	<i>Apr 8</i>
<i>Apr 9</i>	<i>Apr 10</i>	<i>Apr 11</i>	<i>Apr 12</i>	<i>Apr 13</i>	<i>Apr 14</i>	<i>Apr 15</i>

**Add daily activities to do throughout Lent. Use the ideas on the back or come up with some of your own.**

- Think of a quality you have that could be strengthened. Work at it all Lent.
- Fast today and offer the money saved to the poor.
- Family discussion: Do I know someone who is really lonely? How can we help?
- Say "I'm sorry" to someone you've hurt.
- Read about a favorite saint and imitate his or her best qualities.
- Read Psalm 100 and Isaiah 43 1-12
- Write a love note to a grandparent.
- Today go out of your way to be kind to someone you do not get along with.
- Read and discuss James 2:14-17.
- Forgive someone who has hurt you.
- Offer to help an older neighbor with an odd job.
- Read the readings for Sunday's liturgy before Mass.
- Do something special for your family.
- Take a walk noticing God's beauty. Bring bags and pick up litter as you go.
- Write a card to distant friends.
- Pray for those who don't know yet that Jesus loves them
- Bring someone to Mass today.
- Light a candle today and pray that Christ, the light of the world, be with you.
- Say the name of everyone who waits on you today. In stores, restaurants, & everywhere you go.
- Make a list of all the blessings in your life.
- Make your family meal a party today, celebrating your love.
- Ask God's blessings for the person you like the least
- Pray for all the people in hospitals.
- Smile at everyone you meet today.

- Do a job you've been putting off and offer it up for the hungry.
- Pray for all the people who are tempted to give up.
- Visit someone who is sick.
- Pray for those who are lonely.
- Do a chore for someone else without being asked
- Complement each member of your family.
- Give up something you want today for those who have less.
- Family discussion: What does Lent mean to me?
- Pray for all people who are hungry.
- Hug your parents.
- Don't eat your last bite of food.
- Cut out all screens for today
- Before getting out of bed say the Our Father
- Clean out closet and give away clothes you aren't using.
- Send a different person an affirmation text each day.
- Let someone go in front of you in line.
- Put a popcorn kernel in your shoe for the day. Pray w/ each step.

FOR HOLY WEEK-Make a commitment to attend all three days of Triduum, Holy Thursday, Good Friday and Holy Saturday services at 7pm each night. Holy Thursday-after Mass until Midnight, spend some time at the Altar of Repose and in the Sacred Spaces Prayer Area. Good Friday-At 3:10pm spend time alone, reflecting on Jesus' death. Or come to the 3pm Stations in the Prayer Garden. Holy Saturday-Attend Easter Vigil at 7PM