### What to Do for Lent

#### Fasting
**From bad things:**
- Drunkenness
- Gossip
- Complaining
- Calling names
- Negativity
- Being picky
- Judging people
- Arguing

**From good things:**
- Coffee
- Cream and sugar in your coffee
- Social media
- Sarcasm
- Scratching
- Your pillow
- Hot showers
- Hot food
- Salting your food
- Staying up stupid late–give yourself a bedtime!
- Wasting your life on the internet
- Youtube
- Wearing your favorite color
- Alcohol
- Kissing

#### Prayer
- Daily Mass—maybe even daily!
- A chapter of the Bible a day
- 10 minutes of meditation a day
- Chaplet of Divine Mercy
- Join a Bible study at your parish
- 20 minutes of Spiritual reading a day
- The Rosary—a decade or even a whole Rosary each day
- Go to your Church’s Lenten mission
- Stop by an adoration chapel on your way home each day
- Don’t turn on music while you drive—pray instead
- Subscribe to some solid Catholic blogs
- The Liturgy of the Hours
- Wear a crucifix
- Spend the time you would have spent watching TV reading the lives of the Saints or watching documentaries on the Saints
- Go to confession—every week, every other week, for the first time in 30 years….
- Pray the Stations of the Cross every Friday
- Get up early to pray
- List 5 things you’re grateful for every day
- Journal
- Blog!
- Be intentional about your time—make a schedule (with prayer featuring prominently) and stick to it
- Go to an art museum or a botanical gardens once a week and just rejoice in beauty
- Break your fast with the Eucharist every day—don’t eat until you’ve been to Mass
- Pick a virtue to strive for each day
- Spend 10 minutes each night talking to the Lord about your day—thanking him for the good and the bad, apologizing for how you fell short, asking for the grace to be better the next day
- Listen to Christian music while you drive
- Listen to Catholic CDs while you drive
- Pick a Saint to be like and do it
- Lectio Divina
- Pay attention at Mass

#### Almsgiving
- Donate the money you would have spent on whatever you’re fasting from
- Volunteer once a week—soup kitchen, shoveling snow, the nursery at church, whatever!
- Spend the time you would have spent watching TV with your family
- Step up your tithing game from 10% to 15%
- Invite a priest or religious to dinner
- Save up all your change (and maybe even your singles) and give them to charity
- Write letters to your grandparents
- Call your mother
- Visit a nursing home
- Give someone a compliment every day
- Take someone to lunch every week
- Perform an act of charity every day
- Tell someone about Jesus
- www.piercedhands.com
After brainstorming, discussing, and praying, pick one thing from each box for your family or community to do together this Lent:

Fasting from something bad:

Fasting from something good:

Prayer:

Almsgiving:

Now have each person in the family or community pick some personal commitments for Lent. Write them below:

<table>
<thead>
<tr>
<th>Name</th>
<th>Fasting (bad)</th>
<th>Fasting (good)</th>
<th>Prayer</th>
<th>Almsgiving</th>
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