prayer

pray for a sibling or family member

prayer

pray a decade of the rosary

prayer

write a letter of thanks to someone you love

prayer

pray the Divine Mercy Chaplet

prayer

pray for someone you dislike

prayer

sing all the songs at Mass

prayer

read a book about your favorite saint

prayer

listen to christian radio/cd all day

prayer

spend 5 minutes in quiet prayer

prayer

pray 5 Hail Mary's

prayer

pray the Guardian Angel prayer

prayer

draw a
photo/write
a note to
your parish
priest

prayer

eat a meal, or part of a meal, in silence

prayer

read a Bible story

prayer

pray for those who have no one to pray for them

prayer

attend Stations of the Cross

prayer

pray 5-10 minutes in front of the Blessed Sacrament

prayer

attend Daily Mass

fasting

fast from all screen time

(tv, computer, video games, readers, iPhone, etc.)

fasting

fast from saying anything negative

fasting

fast from tattling

fasting

fast from snacks

fasting

sleep without your pillow or lovey fasting

fast from sweets

fasting

fast from eating out

fasting

fast from buying anything on Sunday fasting

fast from yelling

fasting

fast from your favorite toy

fasting

fast from buying anything today fasting

fast from dessert

fasting

fast from texting

fasting

fast from juice

fasting

fast from driving

fasting

fast from gossiping

fasting

fast from showering

fasting

fast from electricity

alms giving plant a flower or herb

alms giving open the door for someone

alms giving let someone go ahead of you in line

alms giving send a nice email to a friend alms giving buy the homeless a

meal

alms giving volunteer with a local charity

alms giving call a relative alms giving unload the dishwasher

alms giving do something anonymously for a friend or neighbor alms giving give away a toy or book

alms giving do a chore without being asked

alms giving take an unexpected treat to a friend

alms giving donate food to a local charity alms giving smile at three people you

meet

alms giving give someone a compliment

alms giving donate money to

a cause

you love

alms giving give away a homeless survival bag joyfully help with a project or chore

prayer	prayer	pr
prayer	prayer	pr

prayer prayer

prayer

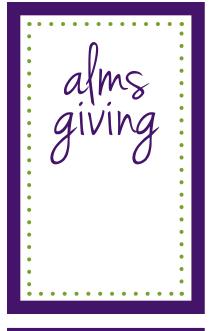
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fasting fasting fasting fasting fasting fasting

fasting

fasting

fasting



alms

alms

alms

alms giving alms

alms giving alms

alms giving