

's Lenten Plan

Fasting	I will: <ul style="list-style-type: none"><input type="checkbox"/> Refrain from meat on Fridays<input type="checkbox"/> Fast on Ash Wednesday and Good Friday<input type="checkbox"/> Not complain about meals<input type="checkbox"/> Eat simpler meals on _____<input type="checkbox"/> _____
Prayer	I will: <ul style="list-style-type: none"><input type="checkbox"/> Pray extra Lenten prayers<input type="checkbox"/> Pray a rosary _____<input type="checkbox"/> Do a prayer chain<input type="checkbox"/> Pray the Stations of the Cross<input type="checkbox"/> Pray special intentions for _____<input type="checkbox"/> _____
Almsgiving	I will: <ul style="list-style-type: none"><input type="checkbox"/> Collect money for _____<input type="checkbox"/> Collect goods for _____<input type="checkbox"/> Give my time to _____<input type="checkbox"/> _____
Good works	I will: <ul style="list-style-type: none"><input type="checkbox"/> Be kind to my sibling(s)<input type="checkbox"/> Do these chores: _____<input type="checkbox"/> Help _____<input type="checkbox"/> Obey my parents<input type="checkbox"/> _____
Education	I will: <ul style="list-style-type: none"><input type="checkbox"/> Read daily bible stories or devotions<input type="checkbox"/> Watch biblical videos<input type="checkbox"/> Create a Lenten craft<input type="checkbox"/> Complete a Lenten activity<input type="checkbox"/> Participate in Holy Heroes Lenten Adventure<input type="checkbox"/> _____
Self-denial	I will: <ul style="list-style-type: none"><input type="checkbox"/> Give up _____<input type="checkbox"/> Stop _____<input type="checkbox"/> _____

