

My Lenten Journey

Days 1-5

Ash Wednesday

Decide what
you will give up
or do for Lent.

Day 1

Write a note to
one of the
people you are
thankful for.

Day 4

Pray three
Our Fathers

Day 2

Attend mass
today.

Sunday

Create a list of
people you are
thankful for.

Day 3

Encourage your
family to pray
before dinner.

Day 5

My Lenten Journey

Days 6-10

Do an extra
chore around
the house today

Day 6

Read a bible
story today

Day 9

Compliment a
classmate
today

Day 7

Fast from
electronics
today

Day 10

Pray the Hail
Mary three
times today

Day 8

Attend mass
today

Sunday

My Lenten Journey

Days 11-16

Try not to
complain today

Day 11

Pray the
Glory Be
five times

Day 14

Practice the
Act of
Contrition

Day 12

Call a family
member today,
just to say hi

Day 15

Color a picture
of the cross
and hang it up
at home.

Day 13

Pray before
breakfast today

Day 16

My Lenten Journey

Days 17-21

Attend mass
today

Sunday

Tell a family
member that
you love them.

Day 19

Read a story
from the bible

Day 17

Pray three
Our Fathers

Day 20

Write a thank
you note to a
teacher today

Day 18

Pick up 3 pieces
of trash today

Day 21

My Lenten Journey

Days 22-26

Spend 5 minutes
of quiet time
praying

Day 22

Make a card
for a neighbor
and deliver it

Day 24

Attend mass
today

Sunday

Reflect on your
Lenten promise you
made on Ash
Wednesday. How
are you doing?

Day 25

Pray the
Rosary today

Day 23

Try not to
complain today

Day 26

My Lenten Journey

Days 27-31

Pray the Hail
Mary three
times today

Day 27

Do an extra
chore around
the house
today

Day 29

Fast from
electronics
today

Day 28

Pray as a
family tonight

Day 30

Attend mass
today

Sunday

Encourage your
family to pray
before dinner.

Day 31

My Lenten Journey

Days 32-37

Choose
kindness today!

Day 32

Attend mass
today.

Palm Sunday

Pray three
Our Fathers

Day 33

Complete three
acts of
kindness today

Day 35

Compliment
three people
today

Day 34

Practice the
Act of
Contrition

Day 36

My Lenten Journey

Days 38-40

Pray three
Our Fathers

Day 37

Holy Saturday

Spend 5 minutes
of quiet time
praying

Day 40

Holy Thursday

Read the
story of the
Last Supper

Day 38

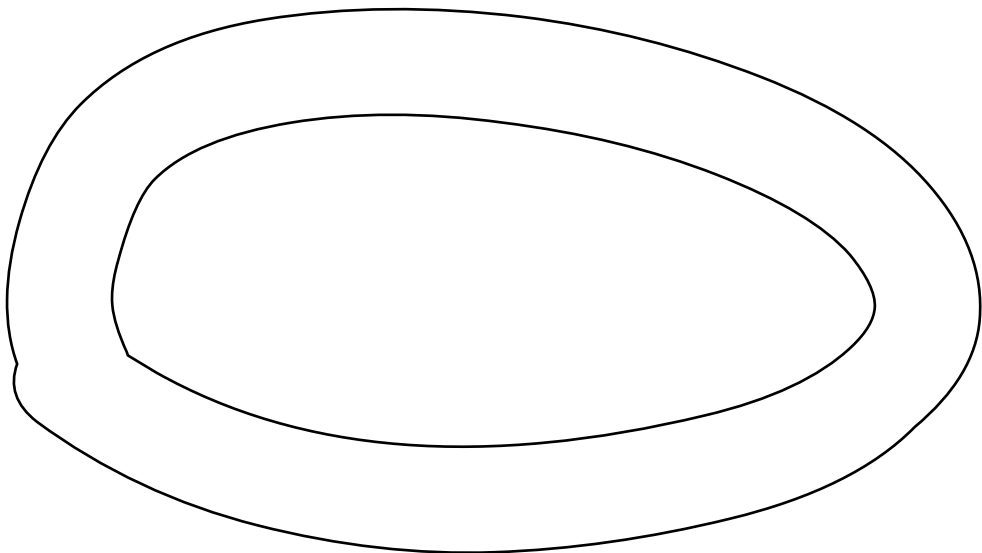
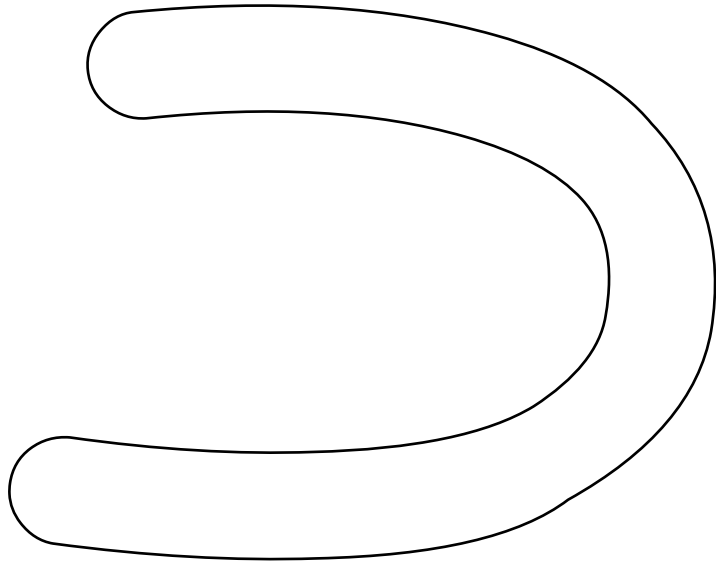
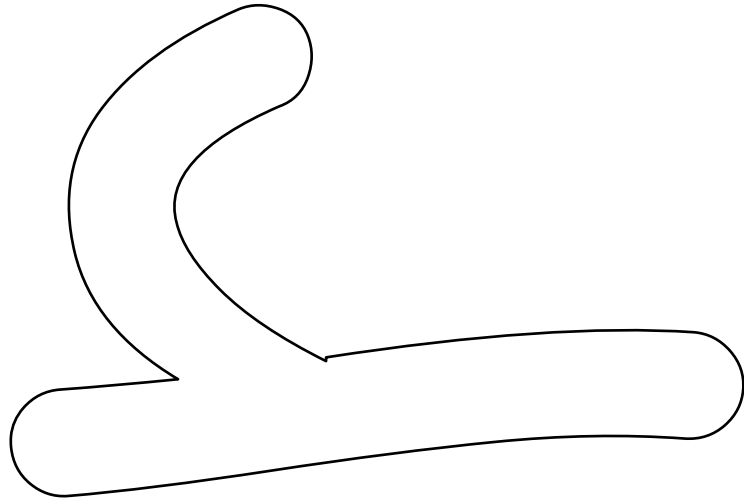
Good Friday

Try not to
snack between
meals today

Day 39

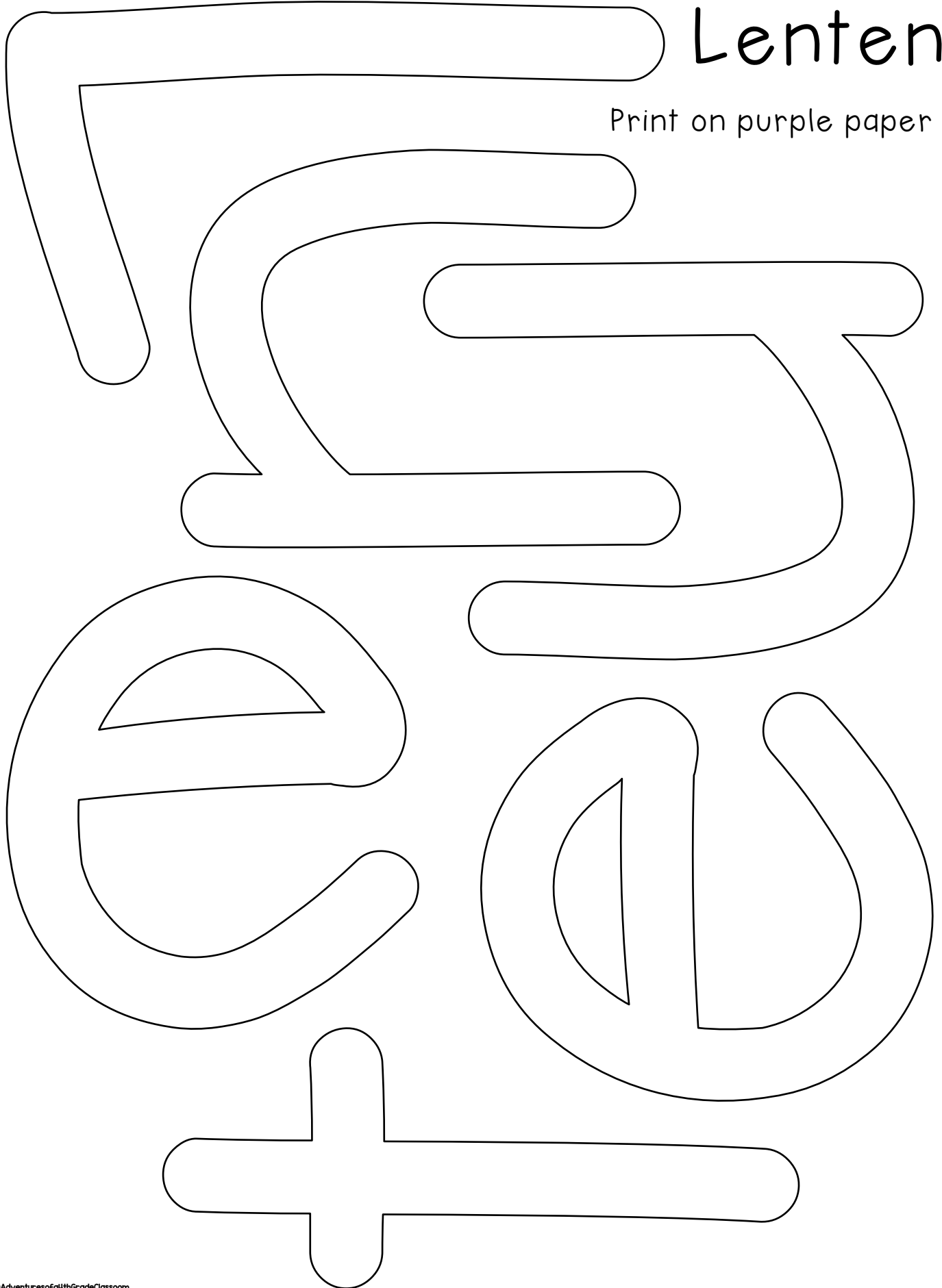
Our

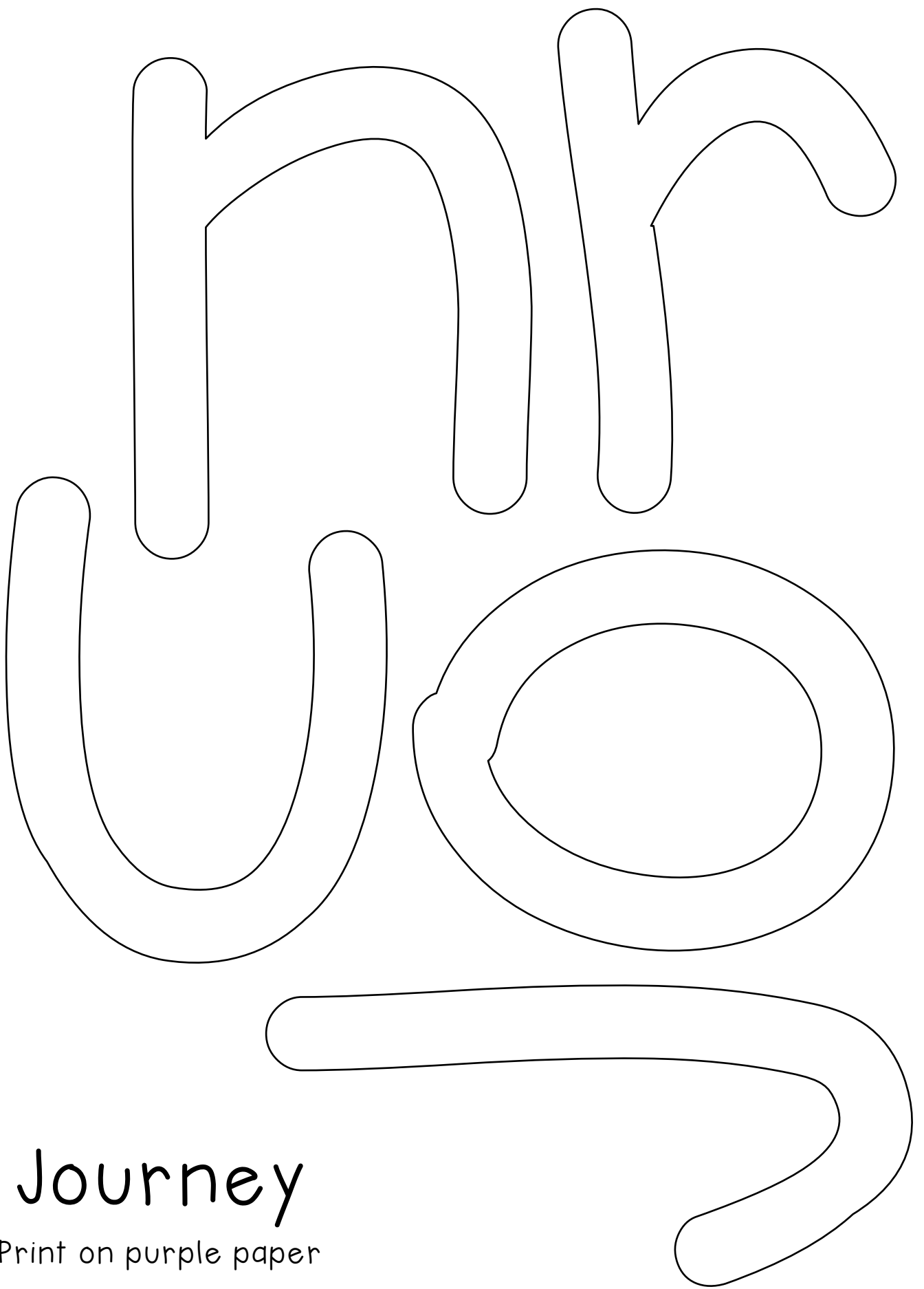
Print on purple paper



Lenten

Print on purple paper



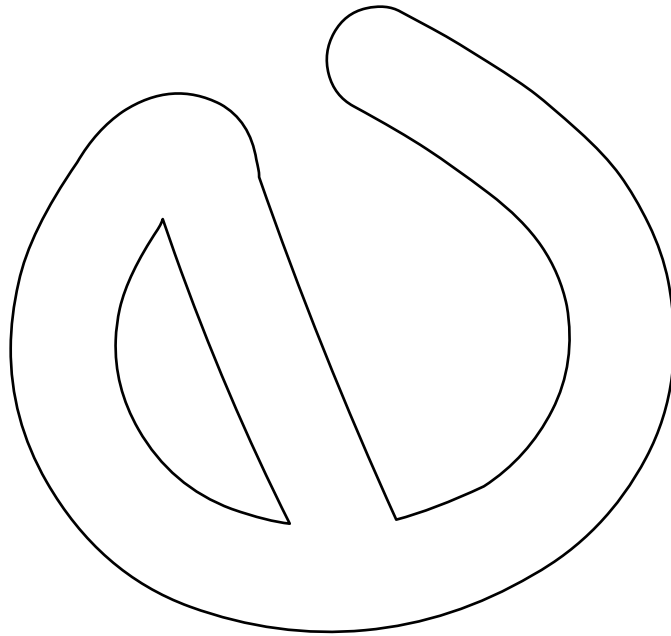
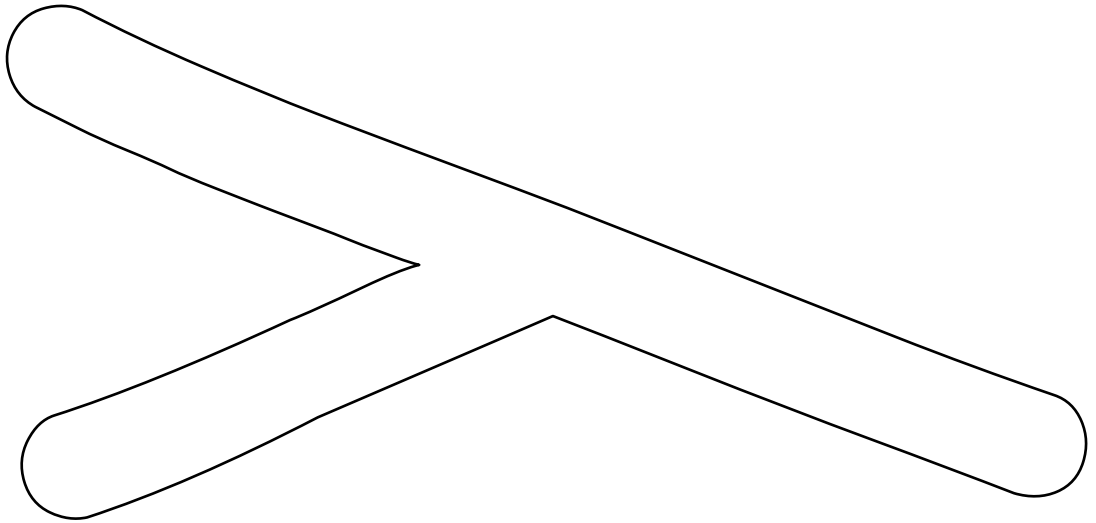


Journey

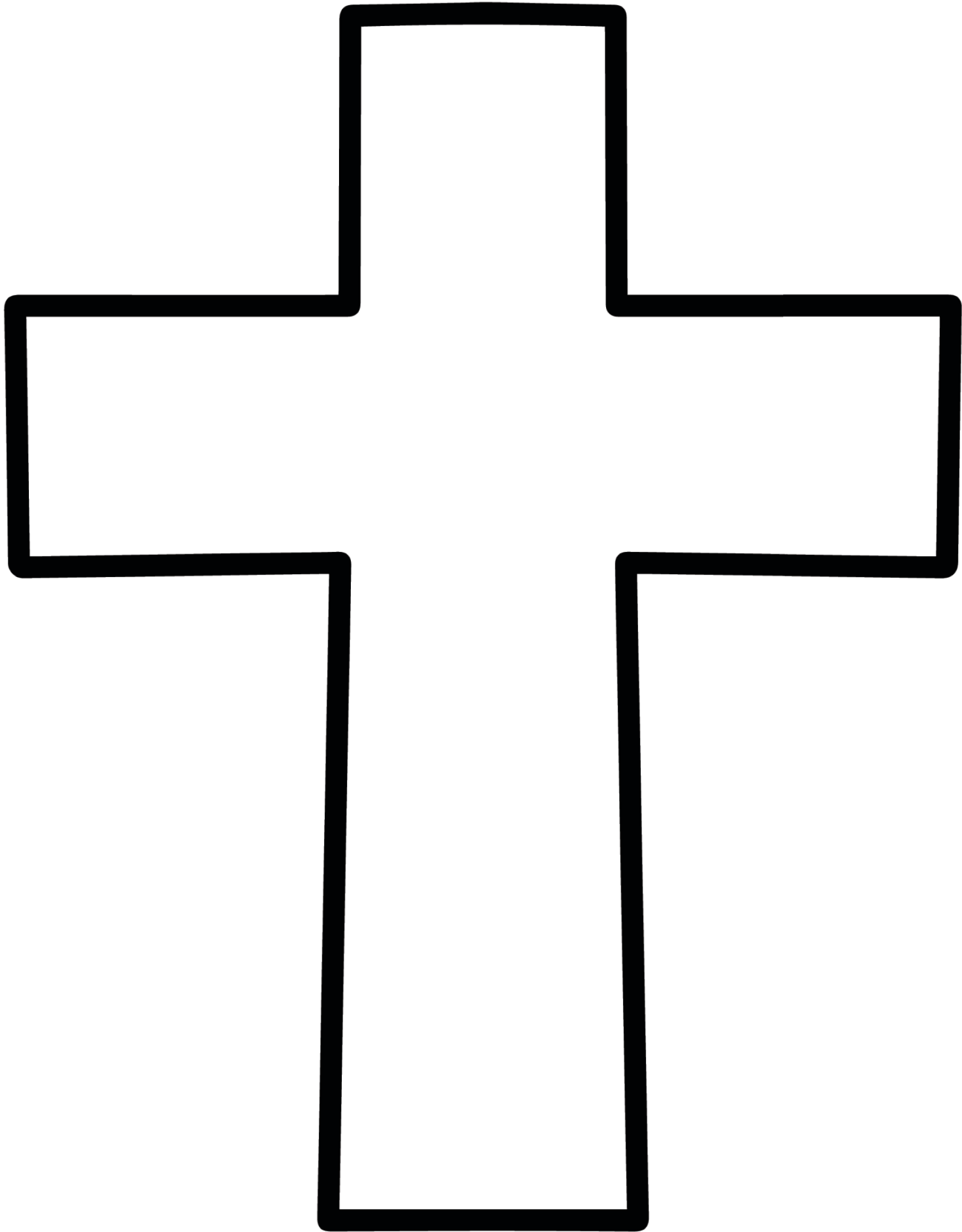
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Journey

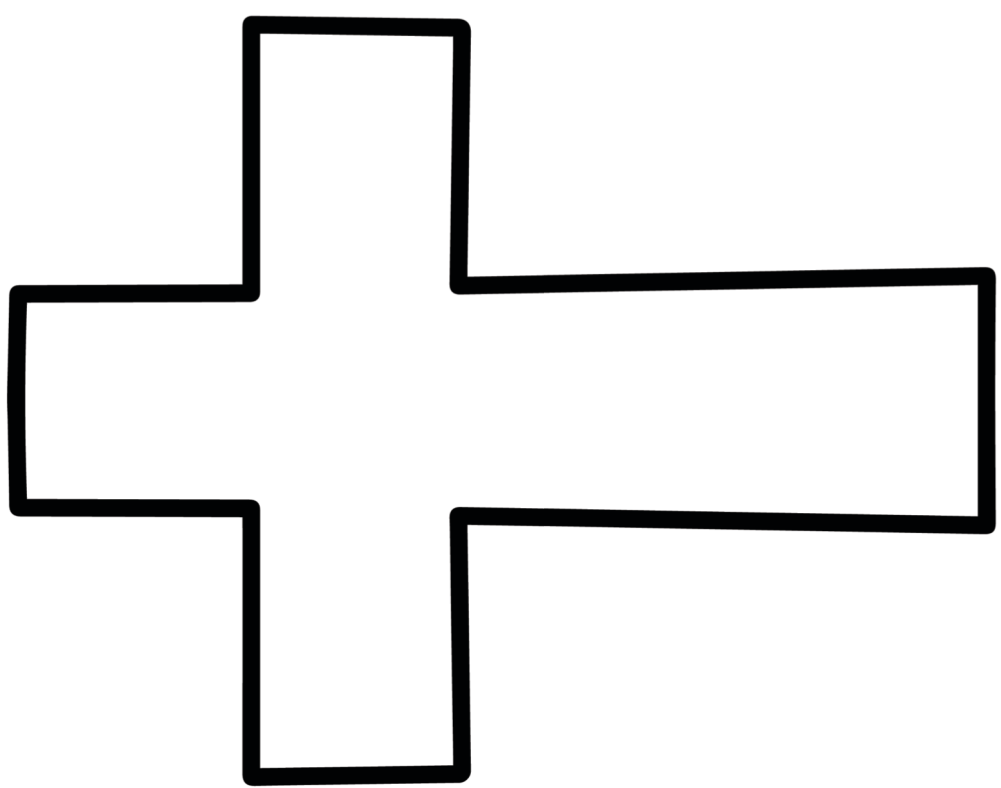
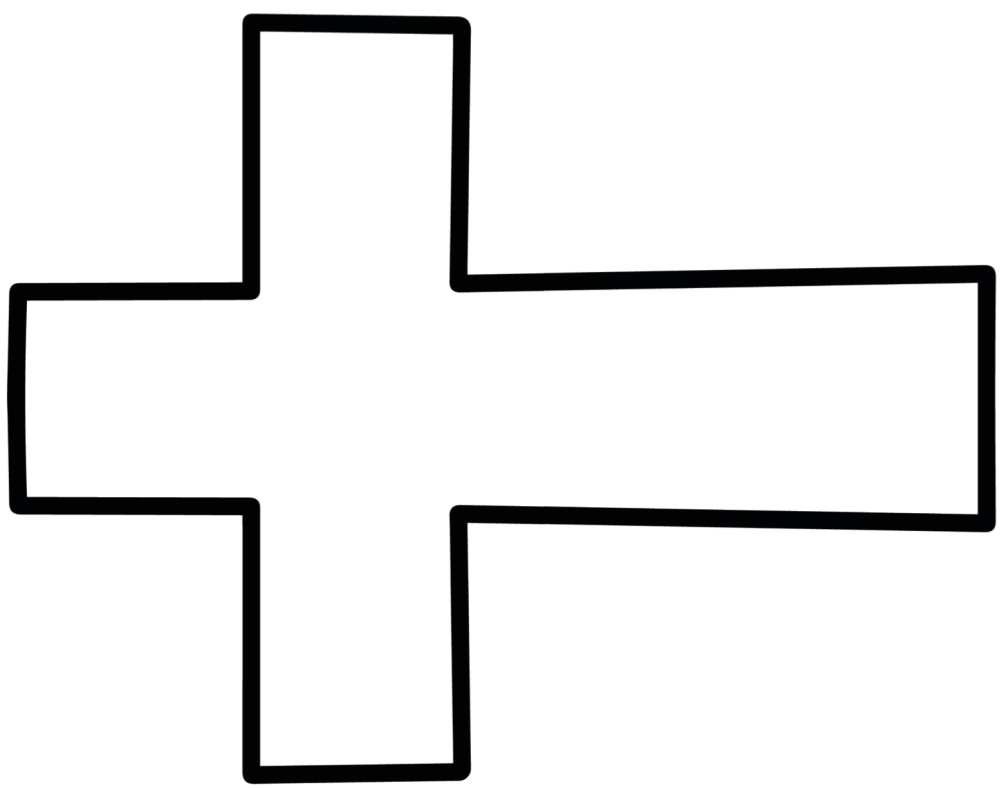
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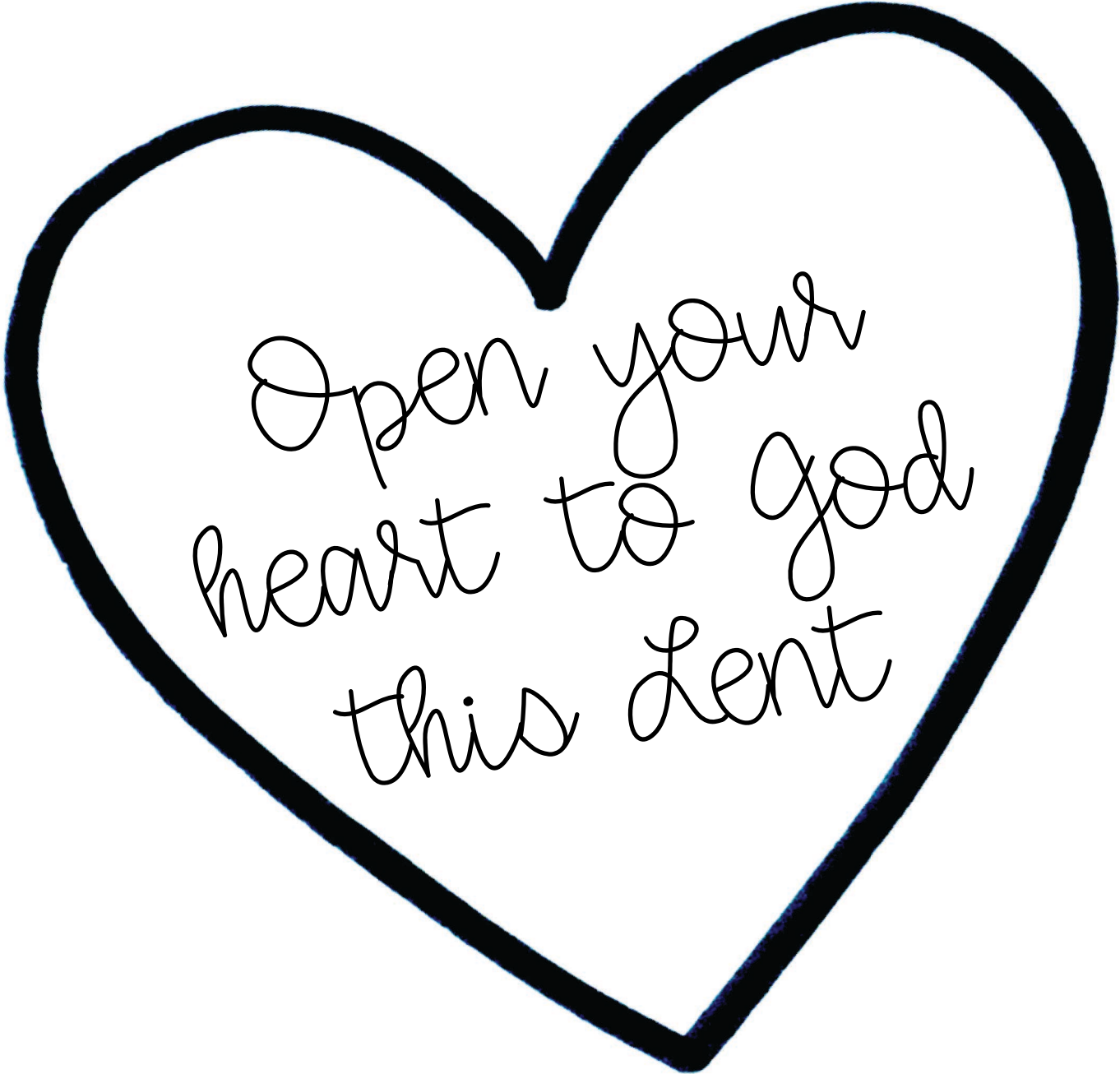
Cross- Print on brown paper



Cross- Print on brown paper

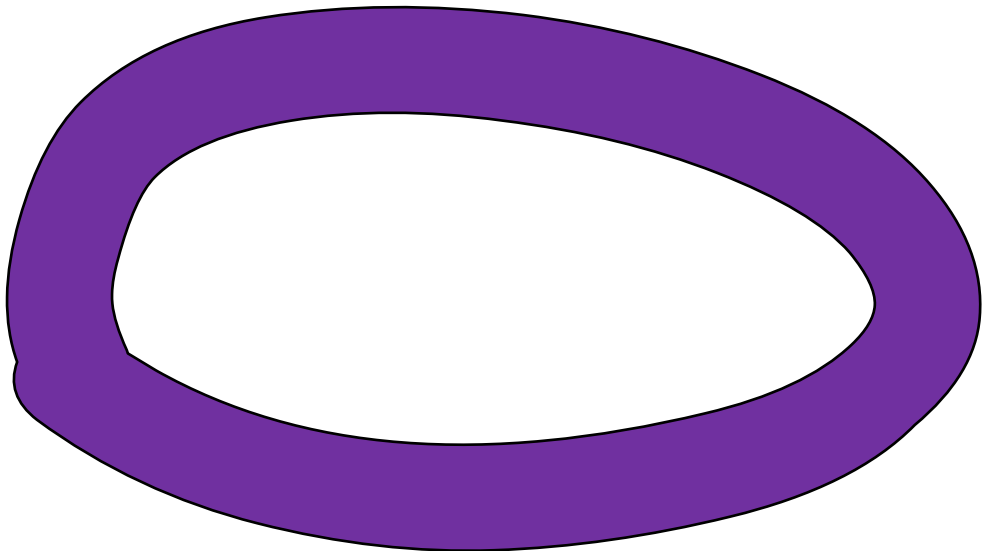
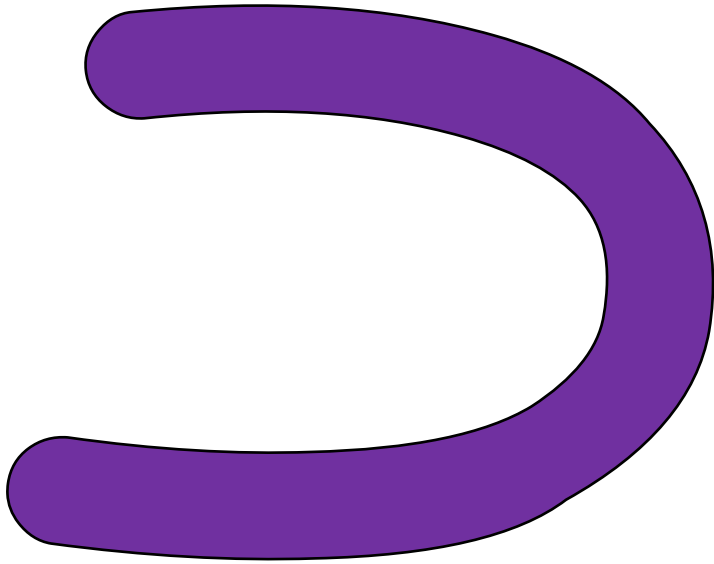
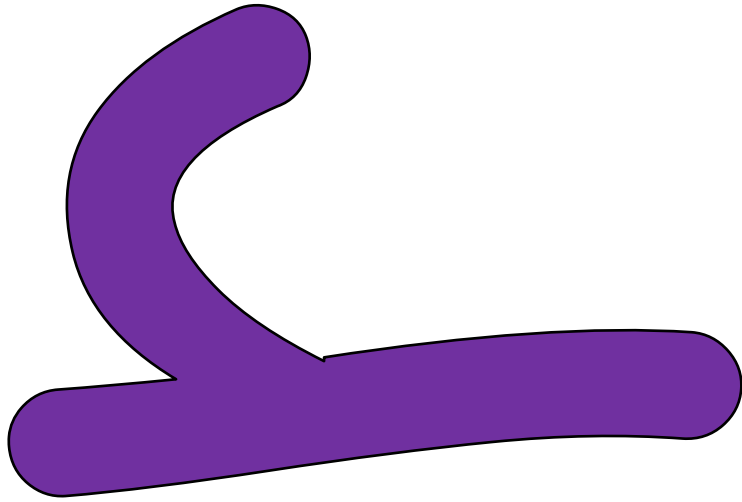


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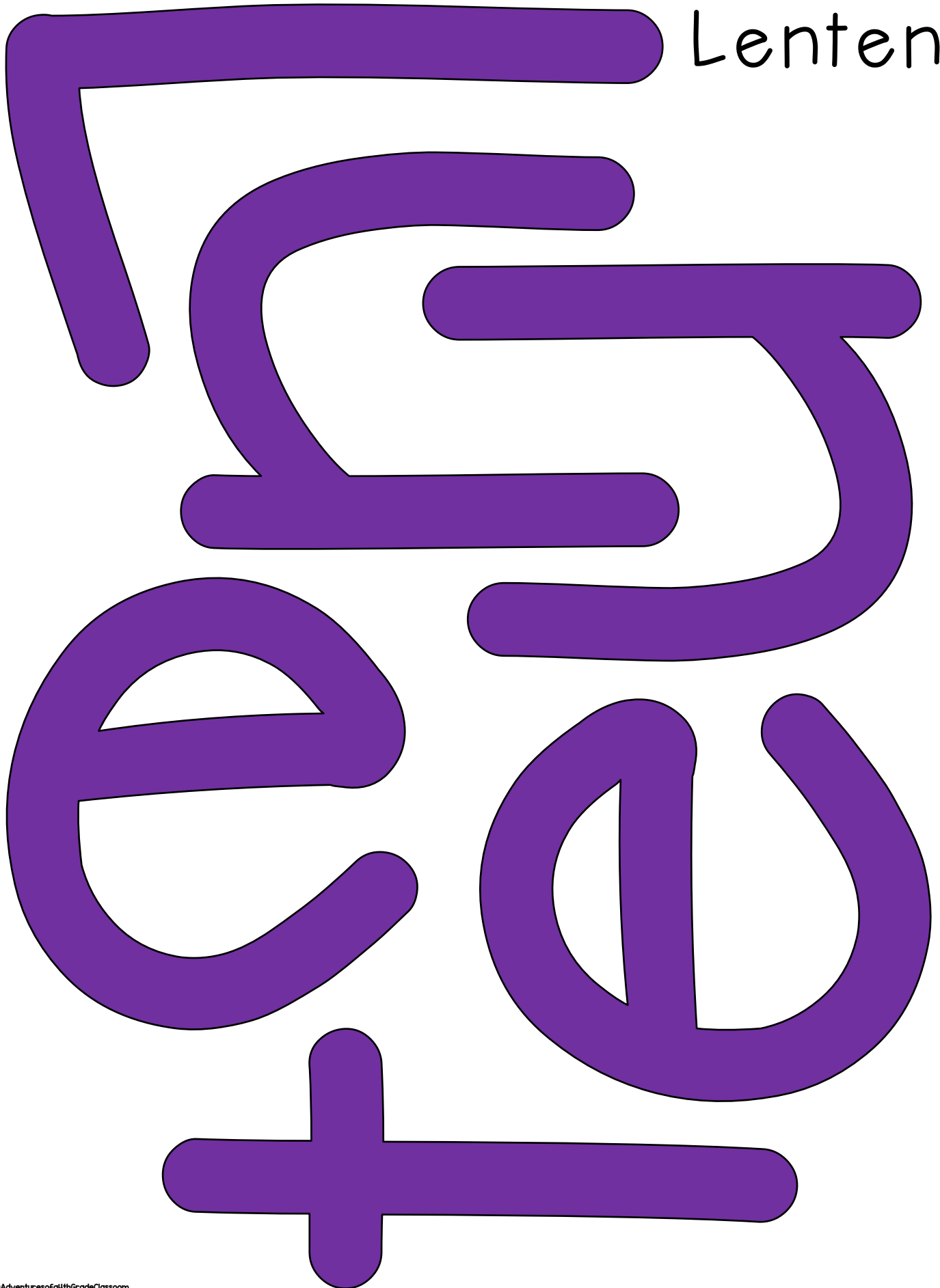


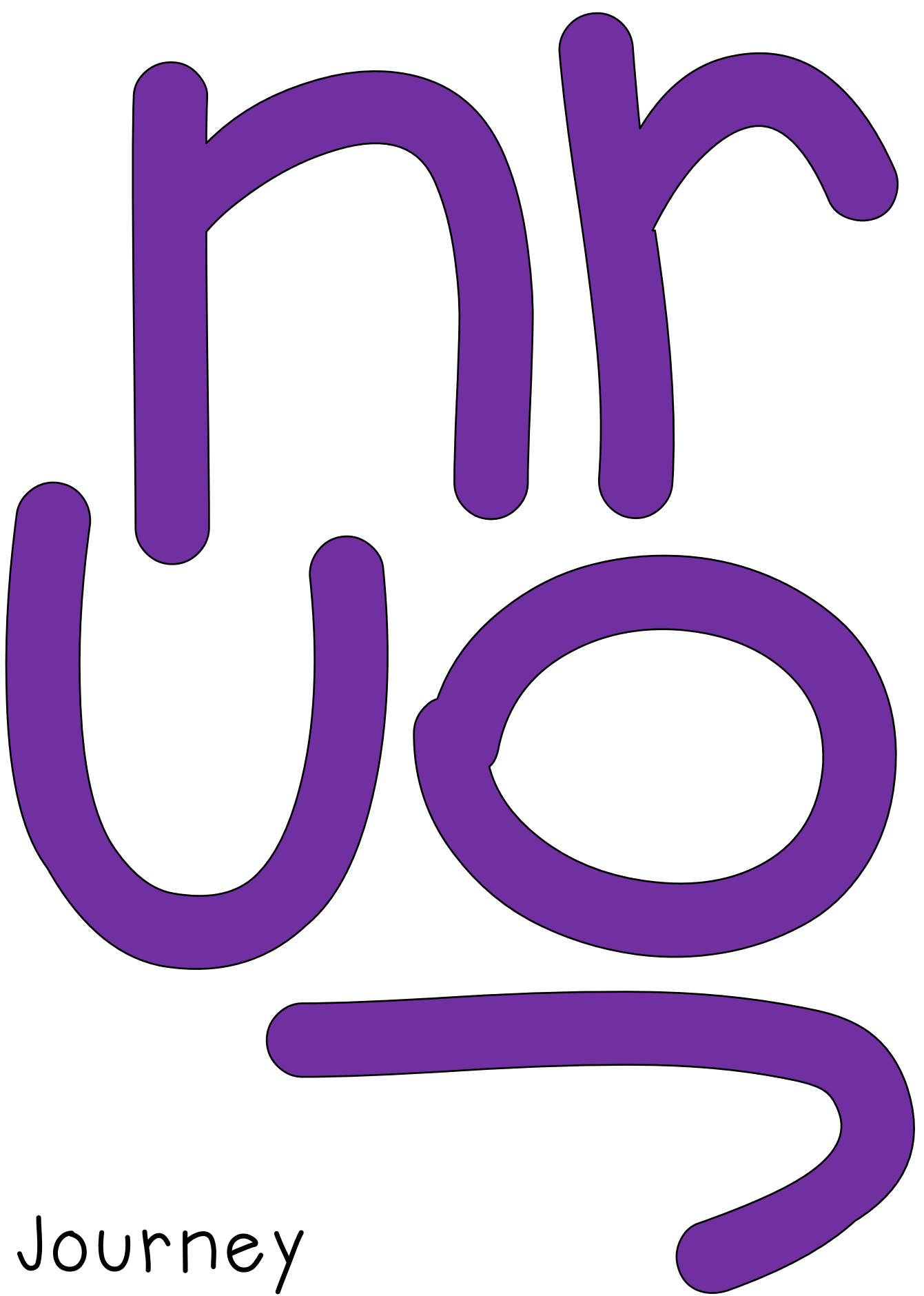
Open your
heart to god
this Lent

Our



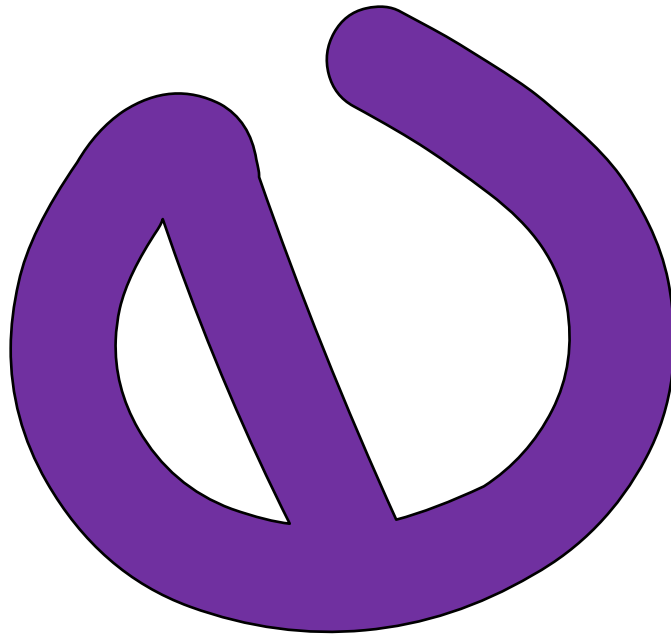
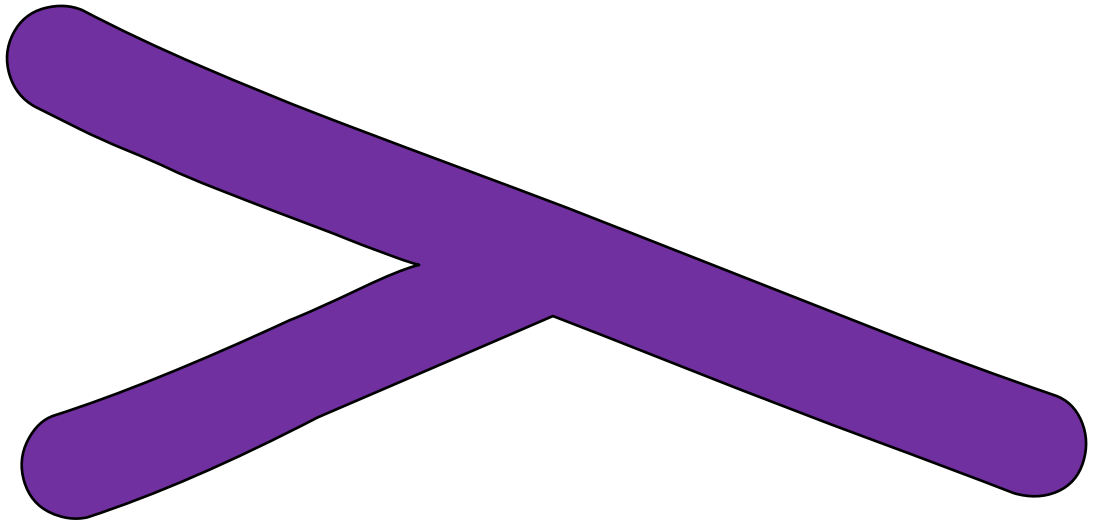
Lenten

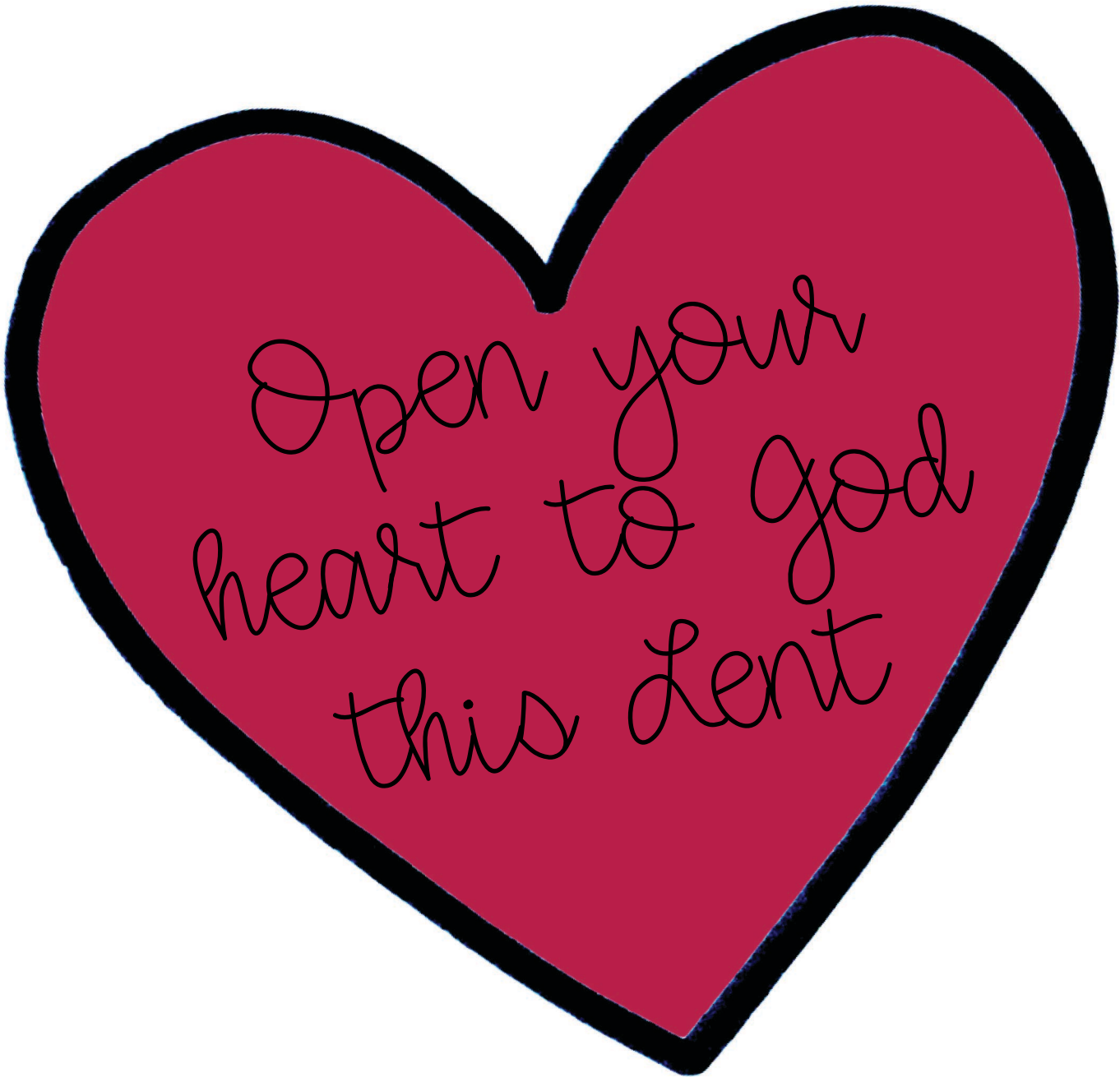




Journey

Journey





Open your
heart to god
this Lent



Open your
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