



My Lenten Journey

a time of prayer & reflection

Name _____

Directions: Color each square after you have completed the activity.

Day 1 Decide what you will give up or do for Lent Ash Wednesday	Day 2 Pray three Our Fathers	Day 3 Create a list of people you are thankful for	Day 4 Write a note to one of the people you are thankful for
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First Sunday Attend mass today	Day 5 Encourage your family to pray before dinner	Day 6 Do an extra chore around the house today	Day 7 Compliment a classmate today	Day 8 Pray the Hail Mary three times today	Day 9 Read a bible story today	Day 10 Fast from electronics today
Second Sunday Attend mass today	Day 11 Try not to complain today	Day 12 Practice the Act of Contrition	Day 13 Color a picture of the cross and hang it up at home	Day 14 Pray the Glory Be five times	Day 15 Call a family member today, just to say hi	Day 16 Pray before breakfast today
Third Sunday Attend mass today	Day 17 Read a story from the bible	Day 18 Write a thank you note to a teacher today	Day 19 Tell a family member that you love them	Day 20 Pray three Our Fathers	Day 21 Pick up 3 pieces of trash today	Day 22 Spend 5 minutes of quiet time praying
Fourth Sunday Attend mass today	Day 23 Pray the Rosary today	Day 24 Make a card for a neighbor and deliver it	Day 25 Reflect on your Lenten promise. How are you doing?	Day 26 Try not to complain today	Day 27 Pray the Hail Mary three times today	Day 28 Fast from electronics today
Fifth Sunday Attend mass today	Day 29 Do an extra chore around the house today	Day 30 Pray as a family tonight	Day 31 Encourage your family to pray before dinner	Day 32 Choose kindness today	Day 33 Pray three Our Fathers	Day 34 Compliment three people today
Palm Sunday Attend mass today	Day 35 Complete three acts of kindness today	Day 36 Practice the Act of Contrition	Day 37 Pray three Our Fathers	Day 38 Read the story of the Last Supper Holy Thursday	Day 39 Try not to snack between meals today Good Friday	Day 40 Spend 5 minutes of quiet time praying Holy Saturday

My Lenten Prayer Sheet

Hail Mary

Hail Mary,
Full of Grace,
The Lord is with thee.
Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners now,
and at the hour of our death.

Our Father

Our Father, who art in heaven,
hallowed be thy name. Thy kingdom
come, thy will be done,
on earth, as it is in heaven.
Give us this day our
daily bread and forgive us our
trespasses as we forgive those who
trespass against us; and lead us
not into temptation, but deliver us
from evil.

Glory Be

Glory be to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning, is now,
and ever shall be, world without end.

Act of Contrition

My God, I am sorry for my
sins with all my heart.
In choosing to do wrong and
failing to do good,
I have sinned against you
whom I should love
above all things.
I firmly intend, with your
help, to do penance,
to sin no more,
and to avoid whatever
leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In His name. My God have
mercy.