

OFFERING UP: *Fasting and Abstinence*

WEEK 1: *Consider the ways food is wasted or consumed carelessly. This week, make an effort to eat only until you feel satisfied rather than full.*



WEEK 2: *Offer up a bit of time normally used to watch television and use it to pray for or provide assistance to someone who is suffering or in need of healing.*

WEEK 3: *Abstain from hurtful words. Pause before responding to someone out of anger or resentment. Substitute words of healing and consideration.*

WEEK 4: *Fast from watching television or going online one day this week. Offer up that time to something that feeds your soul, such as going for a walk, reading a book, or listening to soothing music.*

WEEK 5: *Take time from something you usually do for yourself to write a note or make a phone call to a friend, relative, or acquaintance who needs your time and attention.*

WEEK 6: *Pick one or two days this week to refrain from eating one of your favorite foods. Don't tell anyone what you are doing so that it becomes a private practice.*

OFFERING UP: *Sharing Your Resources with Others*

WEEK 1: *Give up something you usually buy for yourself, such as a cup of coffee or a song downloaded from the Internet. Double the amount you would have spent and place it in the collection basket at church.*



WEEK 2: *Share the world's energy by turning down the heat, taking shorter showers, or walking or biking instead of driving to a destination.*

WEEK 3: *Offer to help someone else in the family, at work, or in school with a chore or task.*

WEEK 4: *Visit someone who is sick or in a nursing home, or donate your time to a parish social ministry project.*

WEEK 5: *Clean out a closet or chest of drawers and give away clothes, toys, books or other items you haven't used in the past year.*

WEEK 6: *Write a letter of gratitude to someone at your parish or in your community to thank them for the services they are extending to those in need.*

OFFERING UP: *Prayer and Worship*

WEEK 1: *Go through your parish bulletin and look for Lenten services. Mark your calendar in order to plan on attending one or more of these over the next six weeks.*



WEEK 2: *Spend time going over the Sunday readings by yourself or with your family. Get to church early this week in order to spend extra time preparing to celebrate the liturgy.*

WEEK 3: *Make a list of people who need your prayers. Set aside time each day this week to remember them in your morning or evening prayers.*

WEEK 4: *Take time each day to ask God for forgiveness. Consider some part of your life that you want to change in order to become more loving and compassionate.*

WEEK 5: *Start or end each day this week with five extra minutes of prayer. Use a book of reflections or sit quietly in silence.*

WEEK 6: *Participate in a parish celebration of the Stations of the Cross or visit the church or a retreat center on your own to carry out this meditation.*

Keep your momentum strong throughout the six weeks of the Lenten season with these "Lenten Practices" cards!



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