

Weekly Practices for Lent

To do every day Monday – Saturday for a week..

Fast from sweets.

Fast from restaurant meals.

Fast from processed food snacks.

Fast from buying anything non-consumable.

Fast from video games and random scrolling.

Fast from buying or using plastic disposable things.

Plant a plant (tree, flowers, vegetables, fruit, herbs). Check on it and water if needed daily.

Let someone go ahead of you in line (daily).

Write a thank you or thinking of you note and mail it.

Collect canned and dried goods for a food pantry, deliver them on Saturday.

Go to bed 5 minutes earlier each night. (at the end of the week, bedtime is 30 min. earlier)

Spend at least an hour outside every day.

Help prepare and/or clean up from at least one meal each day.

Prayers for “help”.

Prayers of “thanks”.

Prayers of “wow”!

Prayers of “I’m sorry...”

Meditate with breathing (1 minute per year of age) daily.