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How to Use These Pages

The Lenten planning pages in this packet are perfect for both children and adults. The first page has directions and open boxes for writing. Both the second and third pages have the same areas but give some possible options to help children or adults who are having trouble coming up with ideas. **Please note that the third page has a few ideas in the "Prayer" box that are specifically Catholic.** If you are not Catholic, you will likely prefer to use only the first or second page.

If you have any questions about the use of this worksheet set, please contact Angie Kauffman at angie@reallifeathome.com. Also, thank you for your honesty in your usage of this packet by following the terms of use and by not sharing the packet in whole or part with other teachers or families who have not paid for the packet.

My Plan for Lent this Year

Lent is a time when we are called to refocus and live more simply while striving to be closer to God, and to live more like Jesus taught us to live our lives. Lent includes a focus on prayer, fasting, and almsgiving/service.

Make a plan for at least one thing you will do during Lent this year for each focus area of the Lenten season.

Prayer:

Almsgiving / Service:

Fasting:

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Prayer:

Ideas: Read from the Bible each day, specific time for quiet and prayer every day, pray for someone new from church/school/work each day, attend church at least once during the week other than on a Sunday.

Almsgiving / Service:

Ideas: Volunteer for a local organization, give up some of your normal spending and donate the money to those in need, help a friend or neighbor in need, visit and elderly friend or relative who doesn't get many visitors.

Fasting:

Ideas: Give up a certain food/drink/candy you love, give up the computer or TV one day per week, stop eating meals from out, give up an activity that wastes your time, focus on having simple meals during Lent, fast one day per week.

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Make a plan for at least one thing you will do during Lent this year for each focus area of the Lenten season.

Prayer:

Ideas: Read from the Bible each day, specific time for quiet and prayer every day, pray for someone new from church/school/work each day, attend one weekday Mass each week, go to Adoration each week, pray a decade of the Rosary every day.

Almsgiving / Service:

Ideas: Volunteer for a local organization, give up some of your normal spending and donate the money to those in need, help a friend or neighbor in need, visit an elderly friend or relative who doesn't get many visitors.

Fasting:

Ideas: Give up a certain food/drink/candy you love, give up the computer or TV one day per week, stop eating meals from out, give up an activity that wastes your time, focus on having simple meals during Lent, fast one day per week.