

Lenten Sacrifices/Ideas for Catholic Families

Lent is a time of fasting, prayer and penance. It is a great time to teach kids how to sacrifice by leading by example. Fasting, praying, and offering penance as a family not only strengthens your family bond but also brings you closer to Jesus. Here is a list of ideas you can do as a family during lent. You can choose to do a different one each day or choose one to do for the duration of Lent.

- Give up TV or screen time for an hour or two at night (spend the time playing a game or praying together)
- Give a genuine compliment to someone
- Go to week day mass
- Write a letter or make a card for a nursing home resident
- Give up fast food
- Choose a gospel and read a Chapter a night with each other
- Read a religious book as a family
- Watch a movie on formed.org together
- Attend the stations of the cross
- Memorize a new prayer together
- Write a Thank you letter to someone in your life
- Pray a rosary (or a decade a night) as a family
- Start a good deed jar... record good deeds done throughout the day on slips of paper, place in the jar then read and count them at Easter
- Go to confession as a family
- Give up desserts
- Participate in the Jesus Tree. Visit the link below to download materials and instructions or wait for more information to come via email
- <https://shop.catholicprouts.com/a/downloads/-/fcf94e6d0a184c97/9dfa2ec495236612>