

# 40 DAYS OF LENT

Prayer, Fasting and Almsgiving

 **Ash Wednesday**

**No ALLELUIAS until Easter!**

**REMEMBER:** NO meat on Fridays! This is one way we fast during Lent.

Jesus gave his life for us. What will you give up for him during Lent?

**1st Sunday of Lent**

Pray for our world leaders.

 **God always listens!**

Pray that all of God's people know how much He loves them!

Talk about the Stations of the Cross. They remind us how much Jesus loved us!

 **Follow Jesus!**

Go outside and look at the beauty around you. Thank God for sharing his creations.


**2nd Sunday of Lent**

Talk about the colors you saw at mass this weekend. What color was your priest wearing?

Take the time to share a smile with someone today.

**Pray for peace in the world.**


Give someone a compliment! How did they react?

 **No sweets or candy today!**

Pray for Jesus to help you to be good and gentle.

**3rd Sunday of Lent**

**Ask Jesus to help you be a good friend!**

 What can you do to help feed the hungry?

What can you do to become a better Christian?

**Pray for our Bishop and for our Pope.**

Play a game with a friend or your family!

**Eat a healthy snack today!**


**4th Sunday of Lent**

Tell your your teachers: **THANK YOU** for all they do!

**Thank God for new beginnings!**

Pray with your family at dinner. Have everyone share what they are grateful for.

**Pray the rosary.**

 Pray for the people that do not have a home.

**Take a walk with your family!**

**5th Sunday of Lent**

Make some Easter cards to send to your friends and family.

 **Color Easter Eggs!**

Tell your parents how special they are!

Easter reminds us that Jesus brought us new life. What signs of new life do you see in nature?

Donate old toys and clothes that you don't use to your favorite charity.

**Trust in Jesus!**

**HOLY WEEK**  
**Palm Sunday**

**Shout HOSANNA!**

Say a prayer for someone special.

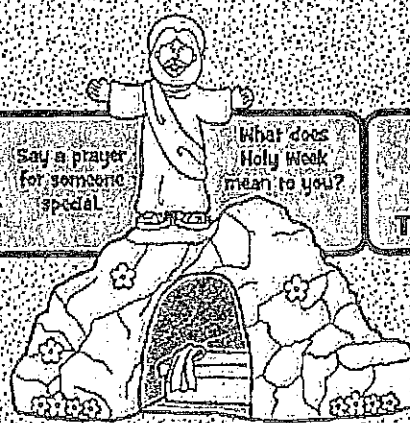
What does Holy Week mean to you?

**Holy Thursday**

**Good Friday**

**Holy Saturday**

**HAPPY EASTER!**



**HE IS RISEN!**