



40 DAY LENTEN

Holy Family
Catholic Schools



Lenten Challenge

Let
today be
the day you
give up
who you've
been for
who you
can
become.

Join in our 40 Day Lenten Challenge! **Purple** = prayer, **black** = fasting, and **red** = almsgiving. Tinted boxes require some preparation!

Wed, Mar 1

Set a Lenten goal that you plan to stick to every day during Lent.

Thurs, Mar 2

Give someone a hug today.

Fri, Mar 3

Send a "have a great day," text to someone this morning.

Sat, Mar 4

Look up the Sister water project. Donate 50 cents for every time you used water in the first hour of your day.

Mon, Mar 6

Download a free Bible App!

Tues, Mar 7

Fast from snacks today.

Wed, Mar 8

Introduce yourself to someone you don't know and ask them how they're doing.

Thurs, Mar 9

Write a motivational letter to yourself. Seal and place in closet to open when you need it.

Fri, Mar 10

Pray a decade of the rosary today.

Sat, Mar 11

Fast from technology for 2 hours straight today.

Mon, Mar 13

Remember to pray before each of your meals today.

Tues, Mar 14

Sit with someone new at lunch today.

Wed, Mar 15

Compliment or say "thank you" to one of your teachers.

Thurs, Mar 16

Say a prayer of thanksgiving for all of the blessings in your life.

Fri, Mar 17

Write your favorite Bible verse on paper and give it to someone. Don't have a favorite? Find one!

Sat, Mar 18

Discuss tomorrow's Gospel reading with your parents.

Almighty and Everlasting God, You have given us Your Son, Jesus Christ our Savior, as a model of humility. He fulfilled Your Will by becoming a man and giving His life on the cross. Help us to bear witness to You by following His example of suffering and make us worthy to share in His Resurrection. We ask this through our Lord Jesus



<p>Mon, Mar 20</p> <p>Smile at 5 classmates in the hallway today.</p>	<p>Tues, Mar 21</p> <p>Say thank you to one of the lunch staff today.</p>	<p>Wed, Mar 22</p> <p>Instead of hitting the snooze button this morning, get out of bed right away and say a prayer.</p>	<p>Thurs, Mar 23</p> <p>Pray the Litany of Humility today.</p>	<p>Fri, Mar 24</p> <p>Find an inspirational quote and share on social media.</p>	<p>Sat, Mar 25</p> <p>Throughout the rest of the day, pray for the first person you saw at school today.</p>
<p>Mon, Mar 27</p> <p>Don't listen to music in the car today.</p>	<p>Tues, Mar 28</p> <p>Tell someone that you're praying for them today.</p>	<p>Wed, Mar 29</p> <p>Write a note of appreciation to a staff/faculty member or a construction worker.</p>	<p>Thurs, Mar 30</p> <p>Recall the Lenten goal that you set on March 1. Are you still doing well? How can you do better?</p>	<p>Fri, Mar 31</p> <p>Write a list of 10 things that you are thankful for.</p>	<p>Sat, Apr 1</p> <p>Fast from television today.</p>
<p>Mon, Apr 3</p> <p>Find an inspirational video and share it with a friend.</p>	<p>Tues, Apr 4</p> <p>Do something extra at home today without being asked.</p>	<p>Wed, Apr 5</p> <p>Say an Our Father for your school today.</p>	<p>Thurs, Apr 6</p> <p>Say a prayer for a friend who is in need today.</p>	<p>Fri, Apr 7</p> <p>Take a moment to pick up a piece of litter around school or home.</p>	<p>Sat, Apr 8</p> <p>Write a letter to a friend that you haven't talked to in a while.</p>
<p>Mon, Apr 10</p> <p>Refrain from eating in between meals today.</p>	<p>Tues, Apr 11</p> <p>Call your grandparents or a family friend and ask them how they're doing.</p>	<p>Wed, Apr 12</p> <p>Make a list of 5 people who need your prayers. Pray for them each individually.</p>	<p>Thurs, Apr 13</p> <p>Complete a challenge you missed or repeat a difficult challenge from earlier in Lent.</p>	<p>Fri, Apr 14</p> <p>Take 10 minutes to journal on how you have grown or deepened your faith this Lent.</p>	<p>Sat, Apr 15</p> <p>Reflect on how you can live out the joy of Christ's Resurrection this Easter Season.</p>