

## EXODUS 40 – SPIRITUAL & ASCETICAL CHALLENGE FOR ST JUDE PARISHIONERS

### **Level 1:**

PRAYER: Daily Rosary OR 15 minutes of Scripture reading & reflection

FASTING: No Desserts or sweets, no sweet drinks except juice, no eating between meals, only listen to music that glorifies God (these can be relaxed on Sundays)

ALMSGIVING: Give a donation to the church or the poor of at least 2% of your income.

FRATERNITY: Weekly Zoom Rosary on Thursday nights at 9pm.

### **Level 2:**

PRAYER: Daily Rosary AND 15 minutes of Scripture reading & reflection

FASTING: No desserts or sweets, no sweet drinks except juice, no eating between meals, only listen to music that glorifies God, no games on our smartphones (these can be relaxed on Sundays)

ALMSGIVING: Give a donation to the church or poor of at least 5% of your income during Lent, and volunteer a couple hours of your time to the church or the poor

FRATERNITY: Weekly Zoom Rosary on Thursday nights at 9pm

### **Level 3:**

PRAYER: Daily Rosary AND 15 minutes of Scripture reading & reflection AND Divine Mercy Chaplet

FASTING: No desserts or sweets, no sweet drinks except juice, no eating between meals, only listen to music that glorifies God, no games on our smartphones, take a cold shower (these can be relaxed on Sundays)

ALMSGIVING: Give a donation to the church or poor of at least 10% during Lent, and volunteer at least eight hours of your time to the church or the poor

FRATERNITY: Weekly Zoom Rosary on Monday nights at 9pm

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