



Daily ideas for Lent:

- Pick a nice big chunky book of the Old Testament and read it daily through lent. If you stumble on one harder to read, you can switch but get to the end.
- Daily ask your Guardian Angel to enlighten you as to the sin in your life you most need to work on. (This will bear fruit that will surprise you)
- Daily Rosary
- Pray/Read the Stations of the Cross
- Read the life or writings of a saint that you do not know well
- Read some writing of one of the doctors of the Church
- When your schedule permits attend a daily Mass
- Do one of the chores someone else in your house typically does, without being asked
- Keep a gratitude journal
- Start memorizing a prayer you do not know yet by daily praying it
- Lovingly pray for those who you most get on your nerves

Weekly ideas for Lent:

- A day a week without media/internet/ cell phone (outside work/school)
- Volunteer for something that helps those in need
- Anonymously provide money to someone who needs it
- Read that weekend's readings prior to attending Mass and PRAY over them
- Call your loneliest relative or neighbor
- Spend a holy hour with the blessed sacrament

Over Lent when you can:

- Make a weekend pilgrimage to some Catholic place.
- Forgive the person you most need to, which may be yourself.
- CONFESSION, CONFESSION, CONFESSION
- Pick a teaching of the faith you are most uncomfortable with and read explanations of it written by some who ascribe to it.
- Pray for good holy vocations to the priesthood, religious life, and HOLY matrimony
- Ask someone who has been away from the Church to go to Confession, Mass, and a meal with you.
- Get comfortable with silently sitting in the presence of God