

Ideas for Fasting:

- Give up one TV Show today and spend that time helping a family member
- Give up U-Tube or i-tunes music for 30 minutes and read the story of the Woman at the Well in chapter 4 of the Gospel of John, verses 5-30.
- Give up something that you enjoy today (like dessert or snacks) and spend a few minutes praying for the needs of others.
- Give up something that you enjoy today (like dessert or snacks) and donate \$1 to your Operation Rice Bowl box.
- Give up buying something new (clothes, CD, magazine, jewelry) and donate \$1 to your Operation Rice Bowl box
- Give up downloading a movie or other fun activity and donate the money from this activity to your Operation Rice Bowl box or other people in need in your community.
- Think about a bad habit that you would like to change, like telling a lie, yelling at others, getting angry, or putting people down, and choose to avoid that habit for three days.
- Think about someone you are angry with or who has hurt you. Ask God for the courage to forgive and pray for that person each day. Think about one thing that is good about them.
- Share lots of smiles today.
- Give a hug to everyone in your family.
- Complement each person in your family sometime today.
- Give up complaining, frowns, and negative thoughts today.

Ideas for Praying:

- Read the story of the Last Supper of Jesus in chapter 13 of the Gospel of John, verses 1-15.
- Read the story of Easter chapter 20 of the Gospel of John, verses 1-9.
- Pray the "Our Father" three times today – in the morning when you get up, at noontime, and when you go to bed.
- Say a prayer for someone who is sick today.
- Pray for a forgiving heart and ask the people you have hurt to forgive you.
- Participate in the Stations of the Cross during Lent.
- Participate in the Sacrament of Reconciliation during Lent.
- List three blessings you have been given. Say a prayer to God, giving thanks for the blessings in your life.
- Pray for teens and families who are homeless and think about ways you and your family might help them.

Ideas for Serving/Almsgiving

- Show an act of kindness to each family member today.
- Show an act of kindness to a friend and to someone who is difficult to like.
- Bring food or clothing to the parish or community food pantry, food bank, or homeless shelter.
- Do someone else's chores one day this week.
- Donate a new item of children's clothing to the local homeless shelter or clothing center.
- Go through your closet and find some clothes in good shape to give away to other teens who need clothes.
- Write a letter or create a card for someone who is sick or might be lonely.
- Buy a can of food to give to a food bank or homeless shelter.
- Talk with your family about eating one simple meal each week of Lent and putting the money you save in the Operation Rice Bowl box or giving the money to a soup kitchen or homeless shelter.