

40 Ways for 40 Days



- 1 Ash Wednesday**  Attend Church and receive ashes, a sign of committing to repentance and turning to the Lord.
- 2 Commit** to fasting from something for the duration of Lent, such as a food, drink, media, vice.
- 3 Abstain** from meat on Fridays, recalling in a small way what Jesus did on Good Friday. 
- 4 Go to Stations** of the Cross. Stations are a simple yet powerful devotion recalling Jesus' final hours. 
- 5 Bake** Bring some baking to someone as a gift.
- 6 Give what you save**  What you may save in money from the item you chose to fast from in Lent, give to those in need.
- 7 Visit the Homebound** Who do you know can't get out due to illness or old age? Make time to visit them.
- 8 Adopt a Chore** what is a chore someone else has to do? Offer to do it for them one day. 
- 9 Go to Adoration** Spend time with the Lord in prayerful or silent Eucharistic Adoration. 
- 10 Call or Write** To someone who you have not seen in a while, giving them the gift of your time.
- 11 Enter into Silence**  Fast from music or audio while driving in the car, at work, or home for at least a day.
- 12 Read the Daily Gospel** To recommit to Scripture and enter more deeply into Lent.
- 13 Thank Someone** Show gratitude to teacher, coach, mentor or parent.
- 14 Go to Confession** To turn back to the Lord. Confessions are typically offered on Saturdays before the Vigil Mass. Check your local parish.
- 15 Give Food** Offer to get lunch for a classmate, coworker, or someone you know does not have a meal. 
- 16 Pick a Charity** or cause to adopt as a family and give to. 
- 17 Clean your home** or your room. Pair your "spiritual" cleaning with a physical one. 
- 18 Donate** What you may find from cleaning to those you know need it. 
- 19 Remove Distractions** Fast from your phone for a period of time to slow down and be present to those around you. 
- 20 Give your time** without charging, such as tutoring or cleaning. 
- 21 Pray on the Way** Offer a daily prayer on the way to school or work in the morning.
- 22 Offer it up!** Offer up the challenges and sacrifices of a particular day to God for someone in need of grace. 
- 23 Skip the Soft Drink** and only have water as your drink for a day. 
- 24 Pray a Decade** of the Rosary, or pray the whole Rosary! 
- 25 Rediscover** the Spiritual Works of Mercy, such as praying for the living and the dead or counseling the doubtful. 
- 26 Name a vice** you want to overcome, like greed or sloth, and work on and pray for the corresponding virtue, such as charity and temperance. 
- 27 Focus on Divine Mercy** and pray a Divine Mercy Chaplet, especially on Fridays. 
- 28 Support a Fish Fry** at a church, or another form of hospitality or fundraiser your church is offering during Lent.
- 29 Support your local Hospital** or nursing home, either by sending cards, dropping off donations, or meal for staff. 
- 30 Go to Confession (again)** The U.S. Bishops recommend going at least once a month. Always seek God's mercy and grace! Don't hold on to sin. 
- 31 Don't take the last piece** of something and let someone else have it to practice self-denial. 
- 32 Pay for an item** for someone behind you in the drive-thru, grocery store, or cafeteria line.
- 33 Learn about a Saint** like a Saint you were named after, your church's patron, or a soon-to-be saint like Carlo Acutis. Ask for their intercession. 
- 34 Fast from reading anything** except the Bible for a day (but you can't fast from school work) 
- 35 Pray with Jesus' "7 Last Words"** from His passion and death.
- 36 Help a sibling** with their work, playtime, or, if they're older, talk through a challenge. 
- 37 Offer to go last** in line, in a game, or even in getting your point across in a conversation.
- 38 Go without headphones** or earbuds for a day. 
- 39 Go to all of Holy Week** at your local Catholic Church, from Palm Sunday, through the Triduum, so you can really enter into what Christ did for us. 
- 40 Rejoice!** at Easter for Christ is Risen! Commit to continuing the good and prayer habits you began in Lent. 

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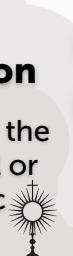
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