

Ideas for giving, praying, and fasting

Giving

“Almsgiving” is just a fancy name for giving to those in need. We practice giving during Lent not only to help others, but to better imitate Christ, who gave his life for us on the cross so that we might have life. Here are some ideas:

- Practice “letting go” by sharing your stuff with your siblings.
- Do a random act of kindness every day; get lots of ideas online.
- Give the gift of yourself by putting down phones and other media when someone needs your attention.
- Do a simple one-day fundraiser for a special cause.
- Participate in the Catholic Relief Services Operation Rice Bowl program to aid the needy.
- Do something every day to care for God’s creation: avoiding waste, cutting back on energy use, or helping wildlife.
- Do extra chores for your family every day.
- Spend time with someone who would like your company, like a younger sibling or a grandparent.

Fasting

Fasting is the practice of giving up some material good (like food) for a spiritual good. Fasting helps us make room for God in our lives; it also strengthens our will, prepares us for mission, and puts us in touch with the suffering of Christ and others.

- Give up sweets, video games, junk food, social media, and other “extras.”
- Get quiet: Spend 15 minutes or more every day in silence, or give up listening to the music
- Make your room a desert: Strip it down to the bare essentials for Lent.
- Be one with the poor: Sleep on the floor, drink only water, walk to school, or give up buying extras.
- Give up your place in line, in the car, etc.
- Give up doing your hair or makeup.
- Imitate saints who have the clothes off their backs for the poor: Put away 10% of your clothes for Lent. After, consider giving them away.
- Ask family and friends which annoying habit or vice you can give up.

Prayer

Prayer is the conversation in our relationship with God – it powers the spiritual life! When we prayer, we are better able to let God help us carry out our Christian mission.

- Get to know Jesus by reading an entire Gosepl, a little each day.
- Get a Catholic prayer app on your phone and use it three times a day.
- Wear a necklace, bracelet, t-shirt, or scapular to remind you of God’s presence.
- Carry a rosary with you and say it throughout the day, as your have time.
- Go to confession every week.
- Go to daily Mass.
- Memorize a new prayer.
- Start a prayer journal.
- Pray three times a day: morning, noon, and night.
- Pray the Stations of the Cross.