

# 40 Family Activities During Lent

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Go to Mass on Ash Wednesday.	Read a story from the New Testament.	Pray for a sick relative, neighbor or friend.	Memorize a new Bible verse.	Pray the Holy Rosary as a family.	Do your chore cheerfully and without complaining.	Read a story from the Old Testament.	Go to Holy Mass even on a week day.
Get to know an unfamiliar Saint by reading a book or watching a video.	Pray a novena or prayer of devotion to a Saint.	Write a prayer to God about something that you need or want.	Call an elderly relative/friend that you seldom see or visit and ask how he/she is.	Get money from your savings or save money that you can donate to the church.	Praise or give affirmation to someone for doing something good or kind.	Go through your clothes and choose at least 5 items that you can donate to the poor.	Go to confession.
Go to the Blessed Sacrament for adoration even for a few minutes.	Do an act of kindness to a family member. Example: say kind words even when you are irritated or angry.	Learn/memorize a new prayer.	Listen to religious songs while doing your lessons or while working.	Make a list of your answered prayers and write a thank you message to God.	Pray for a priest that you know.	Learn a new song that is sang during Masses or prayer meetings.	Skip eating snacks for one whole day.
Go through your books and choose at least 5 items that you can donate to the poor.	Help a family member with a chore or do a chore that's normally done by another on top of your own.	Attend or do a Bible study as a family.	Look for a ministry that you can join individually/as a family and serve in your parish/community.	Have a meatless meal even though it's not a Friday of Lent.	Give alms to the poor that you see.	Pray the Stations of the Cross as a family. You can also visit 7-14 churches while doing this.	Donate food to the hungry/poor or join a feeding program.
Pray for someone who hurt your feelings or who hurt you physically.	Do a Lenten craft or art activity as a family.	Attend a Lenten or Holy Week Recollection or Retreat.	Watch an inspiring movie or a movie about the Passion of Jesus Christ.	Pray for the soul of a dead relative, neighbor or friend.	Fast from using your phone, gadget, TV or the internet for 1 whole day.	Write a letter, email or message to tell him/her how he/she has helped you in the past.	Ask forgiveness from someone that you hurt or wronged.