

Use this Lent Challenge sheet to help you follow Jesus and serve others this Lent! The three categories of challenges are prayer, fasting, and almsgiving. Your goal is to complete each of the three challenges once that week.

2024 LENT CHALLENGES

	PRAYER	FASTING	ALMSGIVING
February 14 (Ash Wednesday)- February 17	Pray for 5 minutes before you check your phone in the morning	Fast from eating snacks for a day	Do an extra chore for a family member
February 18- February 24	Pray the Rosary	Fast from eating and have breakfast 2 hours later than normal or skip a meal for a day	Donate extra money at church this weekend
February 25- March 2	What are you thankful for? Create a "Blessings List" and then pray and thank God for everything you wrote down	Fast from using devices and technology for a day	Sign up to volunteer somewhere
March 3- March 9	Write down (or journal) a prayer to God	Fast from beverages and only drink water for a day	Call a family member or friend you haven't talked to in a while to check in and say hello
March 10- March 16	Find or create a worship playlist and praise Jesus through the music	Fast from entertainment, like video games, social media, and TV for a day	Clean your room and donate some items or clothes
March 17- March 23	Choose a Bible passage and study it with Lectio Divina	Fast from snoozing your alarm - when you wake up, spend a few extra minutes in prayer for a week	Show an act of kindness to a stranger or someone who is difficult
March 24 (Palm Sunday)- March 28 (Holy Thursday)	Learn a new Catholic prayer this week and pray it daily	Fast from complaining and arguing for a week	Write a letter to a family member or friend who lives far away