

|+| go 40/40: make Lent *really* count |+|

day 1/40: February 17

pray: Go to or watch Lenten Church service.

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day 2/40: February 18

fast: Spend quiet time today, without music or radio.

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day 3/40: February 19

serve: Make a card for another person today, just for nice.

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day 4/40: February 20

fast: Go all day without eating desserts or sweets.

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day 5/40: February 21

pray: Say a prayer for a friend or a family member.

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day 6/40: February 22

pray: Pray together with your family.
Grant me grace, O merciful God,
To desire all that is pleasing to you,
To examine it prudently,
To acknowledge it truthfully,
And to accomplish it perfectly,
For the praise and glory of you.

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day 7/40: February 24

pray: Pray that you are able to show love to your classmates, friends, and teachers.

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day 8/40: February 25

fast: Go electronic-free today. No phone. No computer.
No tv.
(School is the exception!)

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day 9/40: February 26

serve: Help a family member with chores today. Secretly.

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day 10/40: February 27

pray: Pray for a person who needs to show more kindness toward others.

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day 11/40: February 28

fast: Drink only water as your beverage today.

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day 12/40: March 1

serve: Make someone smile today.

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day 13/40: March 2

pray: Pray for each one of your family members today.

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day 14/40: March 3

fast: Eat dinner in silence today.

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day 15/40: March 4

serve: Read a book to a cousin or young friend today.

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day 16/40: March 5

pray: Pray for patience. Pray that you can be silent enough to hear God today.

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day 17/40: March 6

fast: Try not to eat meat today.

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day 18/40: March 7

serve: Purge old clothes and donate them.

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day 19/40: March 8

pray: Pray the Lord's Prayer with your family today.

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day 20/40: March 9

fast: Refrain from using something you love today.

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day 21/40: March 10

serve: Be extra helpful to your teachers at school today in person or virtually.

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day 22/40: March 11

pray: Read about someone a good leader today like MLK.

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day 23/40: March 12

fast: Live simply today. Be easy and accommodating.

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day 24/40: March 13

serve: Write a note to someone today letting him or her know you care.

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day 25/40: March 14

pray: Almighty God and Father, You have created all things and know the desire of every heart. In this Year of Mercy, we reflect on your great love for us, and acknowledge our sinfulness and need for your healing mercy. Trusting that you never tire of forgiving us, we open our hearts to receive your forgiveness and love. Having encountered you, Mercy itself, and guided by the Holy Spirit, may we witness to the love we have received by sharing it with those most in need: the hungry, the homeless, the afflicted, and the oppressed. We ask this through Jesus Christ our Lord. Amen.

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day 26/40: March 15

serve: Forgive today. Be the first to forgive.

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day 27/40: March 16

fast: Eat only simply-prepared foods today, nothing heated or cooked.

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day 28/40: March 17

pray: Pray that you are able to be the best version of you possible – one who cares, shares, and loves.

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day 29/40: March 18

fast: Refrain from eating sweet foods today.

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day 30/40: March 19

serve: Take extra care of your pets today. If you don't have pets, feed the birds in your yard.

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day 31/40: March 20

pray: Pray for someone who might be sick and needs healing and comfort.

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day 32/40: March 21

fast: Spend 15 minutes of your day sitting silently.

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day 33/40: March 22

serve: Bring a box of treats to the fire department.

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day 34/40: March 23

pray: Pray for the pastors and leaders at your church today.

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day 35/40: March 24

fast: Be screen-free today.
(School is the exception.)

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day 36/40: March 25

serve: Write a note or draw a picture for a family member today. Send it or share it.

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day 37/40: March 26

pray: Say a prayer for our family

Lord Jesus, be with my family. Grant us Your peace and harmony, an end to conflict and division. Gift us with compassion to better understand each other, wisdom and love to assist each other, and trust and patience to live peacefully together.

Amen.

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day 38/40: March 27

pray: Pray for a grandparent, aunt, uncle, or anyone else in your extended family.

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day 39/40: March 28

serve: Find 10 items in your home to donate to others.

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day 40/40: March 29

pray: Pray for those people who have no one to pray for them.

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day 41/40: March 30

fast: Eat only at mealtime today, nothing in between.

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day 42/40: March 31

serve: Work together to prepare a meal for others today. Try making soup!

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day 43/40: April 1

pray: pray for your friends

Dear Jesus, Thank you for giving me friends. I'll try to be a good example to my friends so that we can all love you better. Help me, dear Jesus, to be kind to my friends. Help me to share. Help me not to be mean but to be kind. I want to help others to be happy by being happy myself.

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day 44/40: April 2

fast: Drink only water as your beverage today.

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day 45/40: EXTRA DAY

fast: Refrain from eating sweets today.

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day 46/40: EXTRA DAY

serve: Speak and act kindly today, in every way.

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day 47/40: EASTER

pray: pray for Easter

Heavenly Father, thank you for sending your Son to earth as a baby so many years ago. Thank you that He paid the punishment for my sins by dying on the cross. And thank you that He rose again to prove that death was truly defeated. I place my trust in You to be my Savior. Guide me through the dark times of my life and give me courage to live for You. Amen -by Max Lucado

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