

# 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.



## 12 Read the Daily Gospel

To recommit to Scripture and enter more deeply into Lent.

## 11 Enter into Silence

Fast from music or audio while driving in the car, at work, or home for at least a day.

## 15 Give Food

Offer to get lunch for a classmate, coworker, or someone you know does not have a meal.

## 19 Pray a Decade

of the Rosary, or pray the whole Rosary!



## 20 Give your time

in a basic service without charging, such as tutoring or free professional assistance.

## 23 Skip the Soft Drink

and only have water as your drink for a day.



## 24 Pick a Charity

or cause to adopt as a family and give to.



## 27 Focus on Divine Mercy

and pray a Divine Mercy Chaplet, especially on Fridays.



## 28 Support a Fish Fry

at a church offering one, or another form of hospitality or fundraiser your church is offering during Lent.

## 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.

## 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.



## 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.

## 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.

## 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.



## 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.

## 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.



## 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)

## 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.

