

Lenten Actions Cards

LOYOLAPRESS.
A JESUIT MINISTRY

Attend Mass or a prayer service today.

As a family, research and select a charity that you will support during Lent.

Fast from taking second helpings at meals.

Take over a disliked chore for a family member.

Attend Mass as often as you can. The Eucharist is our greatest communal prayer and a surefire way to encounter Jesus.

Pray with your family at mealtime. Make a point of praying for people in need.

At bedtime pray for people who are homeless and sleeping on the streets tonight.

Be more courteous in your attitude, words, and deeds.

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Make a list of ten things you are grateful for in your life.

Fast from criticizing others aloud or silently in your mind. Seek to understand instead.

Pray while creating a piece of artwork. Do something creative, and do so for the glory of God.

Forego a favorite TV program for a week.

Go through your closets and donate usable clothing and household goods to a local charity.

Pay attention to someone you are tempted to brush aside.

Fast from gossip.

Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.

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Fast from e-mail, text messaging, or both for a day.

Speak less and listen more. Give others the gift of your undivided attention.

Pray while you go for a walk.

Fast from overscheduling your time. Leave some time to simply be.

Curtail your extra spending and donate what you save to your chosen charity.

At the end of your day, take time to thank God for all the graces you received during the day.

Pray daily the Rosary or other traditional prayers of the Church. Realize that you are joining your voice to the millions of others who have prayed these prayers through the years.

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Fast from the habit, substance, practice, or mindset that most stands in the way of your growing closer to God.

While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.

Use your imagination in prayer. Picture yourself as someone meeting Jesus in a scene from the Gospels. Imagine your reaction and response to Jesus.

Send a greeting card or a letter to a relative, friend, or fellow parishioner who is homebound.

Fast from eating food mindlessly, that is, from not even bothering to taste it.

Clean up a common area at work, in the neighborhood, or at home. Do it as your gift for the good of all.

Invite a widowed neighbor to join your family for a meal.

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Fast from worrying. Trust God instead.

Plant a tree that will benefit future generations.

Pray for the willingness to seek forgiveness from people you have hurt.

Fast from light. Sit by the light of one candle in your home.
Remember that Jesus has called you to be light for the world.

Make a prayer out of performing a loving action for others. For example, when you take out the garbage or help your child with homework, do it mindfully, and it will become your prayer.

Pick a day when you fast from using electronic appliances.

When you see or hear a news story about someone in trouble, pray for the person as a family.

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Fast from hitting the snooze alarm. Get up and use the extra time for prayer.

At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.

Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection. For example, you could read the Gospel of Luke 22:39 to 24:12.

Volunteer for a parish program that helps those in need.

Let a favorite hymn run through your mind as a prayer. Select one with words that have great meaning for your life now.

Fast from comparing yourself to others. It causes isolation and the illusion that we are all separate rather than one in God.

Recognize your own needs and give them their due. Give others the gift of being able to help you from time to time.

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Fast from complaining. Notice how often you are tempted to complain.

Be mindful of all that God has done for you.

