



My Lenten Checklist

1. Hear the Holy Mass with your eyes, ears and heart open.	
2. Pray the Rosary and be thankful for your blessings.	
3. Read about Lent, what it is about and the Catholic practices.	
4. Write your own Lenten prayer.	
5. Do a Lenten Craft. (a cross, a crown of thorns or a coloring page)	
6. Memorize a Bible verse. Choose a verse/s that applies to you today.	
7. Learn a worship song and sing about the greatest love Christ has given us.	
8. Learn a new prayer.	
9. Learn about the life of a Saint.	
10. Attend a retreat.	
11. Examine your conscience.	
12. Go to confession.	
13. Watch the life of Jesus and reflect.	
14. Learn about the Church's History.	
15. Pray for the Pope and his intentions.	
16. Read about the Holy Week.	
17. Participate or setup your own Stations of the Cross and reflect.	
18. Read the Bible (Resurrection of Jesus).	
19. Read more about Easter. What is the true symbol of Easter?	
20. Write your own Easter prayer.	
21. Donate old toys, those that you don't play with anymore.	
22. Donate old clothes, those that don't fit you anymore.	
23. Donate old books, those that you don't use anymore.	
24. Give food to the hungry.	
25. Give alms from your savings.	
26. Pray for a family member: your parents or siblings.	
27. Pray for a relative: an aunt, uncle or cousin.	
28. Pray for a friend: may be your classmate or your neighbor.	
29. Pray for the sick.	
30. Pray for your departed loved ones.	
31. Pray for the souls in purgatory, especially for those not remembered anymore.	
32. Pray for the forgiveness of sins of sinners.	
33. Pray for a stranger.	
34. Pray for those you have wronged or for your enemy.	
35. Pray for those who have wronged you.	
36. Ask forgiveness from someone you have wronged.	
37. Do a chore that you don't usually do.	
38. For a day, abstain from eating your favorite food.	
39. For a day, abstain from playing your favorite game or app.	
40. For a day, completely hold a fast from screens and gadgets.	