

Ten Small Sacrifices a Family (or Individual) Can Make for a More Spiritual Lent

As a Family (or individual) ...

1. We (I) will arrive at least 10 minutes before Mass begins, giving ourselves time for quiet prayer.
2. We (I) will attend weekday Mass(es).
3. We (I) will attend Stations of the Cross on Fridays.
4. We (I) will go to Confession before Easter Sunday, fulfilling my Easter Duties.
5. We (I) will fast from unnecessary social media platforms, choosing to spend more time with family, friends, and God.
6. We (I) will recommit to our parish resolution to pray three Hail Marys in the morning and evening.
7. We (I) will attend Eucharistic Adoration, at least once.
8. We (I) will commit to read one of the Gospels (Mark's is the shortest), a book on our Catholic Faith, listen to a Catholic Podcast from a Catholic Scholar or watch a Catholic video to increase our (my) faith in God and His church.
9. We (I) will, in addition to Friday, offer one extra day of fast and abstinence for to someone or something of our (my) choosing.
10. We (I) will respect our (my) church as the sacred temple of God in my speech and our (my) attire. Respecting both God, others, and self.



Let today be the
day you give up
who you've been
for you who can
become.

Blended Ash Wednesday