LIVE LENT 2020

**FEBRUARY / MARCH**

**MARCH 1**
Pray for people you don't like or love

**MARCH 2**
Pray for yourself and your needs

**MARCH 3**
Write a prayer of Gratitude!

**MARCH 4**
**THEME: FASTING**
Fast from screen-time, digital devices

**MARCH 5**
Fast from dining out, invite someone over for dinner

**MARCH 6**
Fast from a vice that controls your life

**MARCH 7**
Fast from negativity and criticism

**MARCH 8**
Fast from constant activity and noise

**MARCH 9**
Fast from excessive use of water

**MARCH 10**
Fast from over spending

**MARCH 11**
**THEME: GIVING**
Share a smile to anyone you pass

**MARCH 12**
Send a “Thinking of You” card to 3 people

**MARCH 13**
Pay for the car behind you in a drive-thru

**MARCH 14**
Give an hour of time to someone in need

**MARCH 15**
Donate to a local food pantry

**MARCH 16**
Send a note of encouragement

**MARCH 17**
Sort your closet. Give away 3 items

**MARCH 18**
**THEME: KINDNESS**
Be kind to yourself

**MARCH 19**
Help plant flowers with friends or family

**MARCH 20**
Give up a close parking space at a store

**MARCH 21**
Spend time with someone in need

**MARCH 22**
Spread some encouragement online

**MARCH 23**
Say HELLO to 5 strangers

**MARCH 24**
Surprise someone with chocolate

**MARCH 25**
Pray for people you love and hold dear

**MARCH 26**
Schedule time in your calendar for prayer

**MARCH 27**
Write your own version of the Our Father prayer

**MARCH 28**
Pray for yourself and your needs

**MARCH 29**
Write a prayer of Gratitude!
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>MARCH / APRIL</strong></td>
<td><strong>MAR 25</strong></td>
<td><strong>APRIL 1</strong></td>
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<tr>
<td><strong>THEME: PRESENCE</strong></td>
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<tr>
<td>Pray for 20 minutes</td>
<td>Call 3 friends to check-in</td>
<td><strong>APRIL 4</strong></td>
<td><strong>APRIL 5</strong></td>
<td><strong>APRIL 6</strong></td>
<td><strong>APRIL 7</strong></td>
<td><strong>APRIL 8</strong></td>
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<td><strong>Easter Sunday</strong></td>
<td><strong>Palm Sunday</strong></td>
<td><strong>Holy Thurs</strong></td>
<td><strong>Good Friday</strong></td>
<td><strong>Create/Share a positive Facebook post</strong></td>
<td><strong>Walk outside, take in the surroundings</strong></td>
<td><strong>Call 3 friends to check-in</strong></td>
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<td>Choose a Gospel story, read/share thoughts</td>
<td>Listen to a podcast, discuss with a friend</td>
<td>Have a game night with your family</td>
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*A Nun’s LIFE MINISTRY*