

# MY LENTEN PROMISE

## Directions:

1. Print out as many promise sheets as needed so every family member has a copy
2. At the top, enter the name of the family member (mom, dad, Anna, etc.)
3. Mom or Dad: talk about Lent with your children. Explain how Lent is a period for us to prepare for Easter, and – just like Jesus prepared himself in the desert for 40 days – we will prepare ourselves, too. We prepare ourselves through acts of prayer, acts of fasting (giving up something), and almsgiving/charity (taking care of others). This helps us to turn away from distractions and focus on God. Be sure to encourage your children to come up with their own ideas on how they can fulfill their Lenten promise.
4. Cut out the promise sheets, fill them out, decorate, and add to your refrigerator door or another visible location for the duration of Lent. At dinner each night, talk about your progress. What has been difficult? What has been easy? What changes have you noticed about yourself as a result of your promises?

_____ 's Lenten Promises	
Prayer	
Fasting	
Charity	

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Fasting	
Charity	

\_\_\_\_\_ 's  
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