



41 Ways to Keep Lent

Right a wrong. Keep a promise. Count your blessings.
Mend a quarrel. Spread joy. Pray for refugees. Be
grateful for family. Attend Mass more frequently. Fast
from gossip. Be humble in success, patient in hardship,
hopeful in disappointment, generous in prosperity. Offer
approval. See your problems as challenges, your
challenges as blessings. Encourage an enemy. Seek peace.
Pray the Way of the Cross. Listen. Apologize if you are
wrong. Think first of someone else. Stop in church for
a moment. Give alms. Laugh a little. Laugh a little more.
Say "Thanks!" Read the Bible daily. Tender a compliment.
Don't run the faucet continuously when you brush your
teeth, shave, or do dishes. Rejoice in the beauty and
wonder of Earth. Inspire hope in another. Be
hopeful yourself. Plant a flower. Sponsor a just
cause. Gladden the heart of a child. Make a new
friend. Renew an old friendship. Paint a fence,
a room, a picture. Take time to imagine. Do a job
for nothing. Plan as a family ways to minimize the
electricity you use for a day. Eat by candlelight.
Abstain from complaining. On Good Friday spend an
hour in church. Give Easter flowers to someone.

