

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# Lenten To-Do's

*A clean heart create for me, O God,  
and a steadfast spirit renew within me.  
Cast me not out from your presence,  
and your Holy Spirit take not from me.*

			<b>14 Ash Wednesday</b> Begin a chart today and keep it not just for Lent but for life. Every day do one good deed, one good word, and one good prayer.	<b>15</b> Make the Stations of the Cross. As you walk, consider what it was like for Jesus.	<b>16</b> Fast from something that you enjoy.	<b>17</b> Spend some time thinking about how you want to celebrate Sunday.
<b>18 1st Sunday of Lent</b> To begin having the word of God in your mouth and in your heart like Jesus did, learn by heart your favorite psalm.	<b>19</b> How are your good deeds going? Do you want to be a sheep at the judgment? Help someone who is suffering.	<b>20</b> Pray the <i>Our Father</i> slowly and for each line write it out in your own words.	<b>21</b> Make a sign that will remind you of the love of Jesus and post it where you will see it often.	<b>22</b> Try to say a short prayer for someone every hour today.	<b>23</b> Send a card to someone that you have hurt.	<b>24</b> Decide to pray every day for a person that you do not like. Ask God to bless that person with everything good.
<b>25 2nd Sunday of Lent</b> Make time today to listen to the voice of Jesus.	<b>26</b> Read Luke 6: 20-49 and pick something that you need to change in your life.	<b>27</b> Offer to God a sacrifice of praise. Pray Psalm 145.	<b>28</b> Perform a service for your family.	<b>29</b> Give up a comfort for the good of someone else.	<b>March 1</b> Give up something today and make the money or time you saved bear fruit for God.	<b>2</b> Think about the forgiveness that God has given you and offer that forgiveness to someone who makes you angry.
<b>3 3rd Sunday of Lent</b> Every time you're tempted to grumble, praise and thank God instead.	<b>4</b> Sing a song of rejoicing to God.	<b>5</b> Write a list of all the people that you think owe you something. Then rip it up and throw it away.	<b>6</b> Write this commandment on your door, "Love one another as I have loved you."	<b>7</b> Kneel down before a crucifix and say to Jesus, "You save me, I serve you."	<b>8</b> Give away something you really like.	<b>9</b> Include the prayer "O God, be merciful to me, a sinner" in your daily prayers.
<b>10 4th Sunday of Lent</b> Rejoice! "Then let us celebrate with a feast, because this son of mine was dead, and has come to life again...".	<b>11</b> Pray for someone who is sick.	<b>12</b> Notice and give thanks for all the times you use water today.	<b>13</b> Think about your father and put into practice something that you learned from him.	<b>14</b> Intercede for someone following the wrong path.	<b>15</b> Imitate God by bringing comfort to those in need.	<b>16</b> Examine your Lenten journey.
<b>17 5th Sunday of Lent</b> Pray for those who have died.	<b>18</b> Light a candle and think about the light of Christ	<b>19 St. Joseph</b> 	<b>20</b> Praise God with the Canticle of Daniel. (Dn 3: 58-88)	<b>21</b> Pray for someone who has died.	<b>22</b> Hold a rock in your hand and think about hardness of heart.	<b>23</b> Pray psalm 51 asking for a new heart.
<b>24 Palm Sunday</b> Place a palm by your doorway so that you can remember Jesus as you enter and leave your house.	<b>25</b> This is a day set aside to spring clean your house. As you clean, ask Jesus to clean your heart.	<b>26</b> Put a splash of oil on your food and say a prayer for all priests.	<b>27</b> Send aid to people persecuted for their faith. If you don't have any money, pray for them.	<b>28 Holy Thursday</b> Consider having a green meal. This custom represents new life and also sorrow.	<b>29 Good Friday</b> Visit a cemetery and pray for the dead.	<b>30 Holy Saturday</b> Make a quiet holy hour with Mary. 