

LENTEN COMMITMENT GUIDE

**Participating in Prayer, Fasting, and Almsgiving
can help you to grow in Faith, Grace and Holiness.**

PRAYER

- I will attend weekday Mass.
- I will pray the Stations of the Cross.
- I will take time every day to just “Stop and Pray” sometime during my busy day.
- I will use “The Little Black Book” or another Lenten resource for daily meditations.
- I will participate in Scripture study on Tue. Evenings 7:00 pm at Our Lady.
- I will participate in the book discussion, *Why I Am Catholic (and You Should Be Too)*
- I will attend the two part *Spiritual Gift Program*.
- I will participate in an individual confession or in a Communal Penance Service.
- I will participate in Adoration or First Friday Holy Hour.
- I will participate in the Triduum during Holy Week.

ALMSGIVING

- I will spend more time with my family and loved ones.
- I will help in a neighborhood, township, school or city project.
- I will take one or more of the “Holy Moments” suggestions from the baskets.
- I will take part in *Operation Rice Bowl*.
- I will donate to the *Edwardsburg Food Pantry* or *Helping Hands in Cassopolis*.
- I will volunteer time to a ministry or assist in some way at church.
- I will help a neighbor or stranger in need of assistance.

FASTING

- I will fast from electronic devices such as phones, television, computers, iPad.
- I will fast from social media like Facebook, Twitter, Snap Chat, Pinterest.
- I will fast from alcoholic beverages, pop, coffee, sugary drinks.
- I will fast from gossip or commenting on others in a negative way.
- I will fast from any food between meals.
- I will fast from leaving Mass early or coming in late.
- I will fast from being negative in the work place, at home and in social settings.
- I will fast from a favorite food like candy, pizza, snacks, french fries.
- I will fast from complaining about people or situations.