

THINGS TO DO FOR LENT:

PRAAYER

- commit to praying at every meal if you don't already do that
- at bedtime, use "examen" prayer: think over your day's activities and thank God for them, ask for help with things that were difficult, seek God's guidance for where you feel inadequate (for preschool children, this can be as simple as "I am glad for..." and "I am sad for...")
- learn the Lord's Prayer if you haven't done that already
- pray with music – learn a new hymn or song or choose a familiar one – which you can use during Lent to help you talk to God with music. "Be Thou My Vision" and "Take My Life" are hymns that help us offer ourselves to God

BIBLE READING

- read the Bible daily if you don't already do that
- choose a gospel and divide it up by the number of days in Lent (40 not counting the Sundays)
- set up a link to a website where you will be given a daily Bible reading on your computer or you can bookmark a page if you don't want to have a subscription sent to you daily. Try this page – I really like this one:
<http://www.americanbible.org/absport/dailybiblereading/item.php>

REACHING OUT

- commit to giving daily or weekly to the One Great Hour of Sharing special offering
 - share what you have – fix, clean and give away things that you no longer use
 - shop for the hungry – get something to donate to the food bank
 - invite a lonely person to do something fun with your family
 - surprise someone with a card or baked treat to let them know they are appreciated
 - give up desserts for a week and donate the money you would save
 - become a better steward by reducing the amount of trash you use, and recycle what you do use
-