





# LENT 2023


## Living out our Baptism each day in Lent


Lent is a time of grace, a time to live out our baptism fully. Pope Francis 2014

**START**

**21/02** FIND IDEAS FOR LENT HERE  **SHROVE TUESDAY** MAKE PANCAKES 


**22/02** **ASH WEDNESDAY**  POPE FRANCIS ASKS THAT WE PRAY FOR THE PEOPLE OF UKRAINE 


**23/02** SET UP A PRAYER SPACE FOR YOUR FAMILY FOR LENT 


**24/02** FAST FROM YOUR FAVOURITE GAME OR TOY 

**25/02** OFF-BY-HEART VERSE ISAIAH 58:10


**26/02** **1ST SUNDAY OF LENT**


**27/02** PROJECT COMPASSION FIND OUT ABOUT LAXMI, FROM NEPAL 

**28/02** SHARE A SMILE WITH AS MANY PEOPLE AS POSSIBLE 


**1/03** PRAY FOR PEOPLE WHO ARE SICK 


**2/03** PUT A PICTURE OF YOUR FAMILY IN YOUR PRAYER SPACE AND PRAY THE OUR FATHER


**3/03** FAST FROM SWEETS AND LOLLIES 


**4/03** OFF-BY-HEART VERSE PSALM 118:1 


**5/03** **2ND SUNDAY OF LENT**


**6/03** PROJECT COMPASSION FIND OUT ABOUT TEREESA, FROM AUSTRALIA 

**7/03** WRITE A THANK YOU NOTE TO YOUR TEACHER 


**8/03** PRAY FOR TRUCK DRIVERS 

**9/03** SIT UNDER A TREE AND THANK GOD FOR CREATION 

**10/03** HELP FOLD SOME OF THE WASHING 


**11/03** OFF-BY-HEART VERSE PSALM 102:1 


**12/03** **3RD SUNDAY OF LENT**


**13/03** PROJECT COMPASSION FIND OUT ABOUT PRISCILLA, FROM ZIMBABWE 

**14/03** SAY A PRAYER OF THANKS BEFORE MEALS


**15/03** PRAY FOR YOUR GRANDPARENTS AND RELATIVES


**16/03** HELP CLEAN UP AFTER DINNER 


**17/03** **ST PATRICK** WEAR SOMETHING GREEN TODAY AND PRAY FOR PEOPLE WHO ARE LEADERS 

**18/03** OFF-BY-HEART VERSE HOSEA 6:3a 


**19/03** **4TH SUNDAY OF LENT**


**20/03** **ST JOSEPH** ASK ST JOSEPH TO PRAY FOR YOUR FAMILY 

**21/03** PROJECT COMPASSION FIND OUT ABOUT THU, FROM VIETNAM 

**22/03** TIDY YOUR ROOM WITHOUT BEING ASKED 


**23/03** OFF-BY-HEART VERSE JOHN 3:16

**24/03** FAST FROM JUNK FOOD 

**25/03** **THE ANNUNCIATION** PRAY THE HAIL MARY, ASKING MARY TO PRAY FOR YOUR FAMILY 


**26/03** **5TH SUNDAY OF LENT**


**27/03** SAY A PRAYER FOR SOMEONE WHO GETS ON YOUR NERVES

**28/03** GIVE SOMEONE SPECIAL A HUG 


**29/03** PRAY FOR PEOPLE WHO ARE POOR

**30/03** GET READY FOR EASTER BY GOING TO RECONCILIATION THIS WEEK


**31/03** FAST FROM EXTRA TREATS 


**1/04** OFF-BY-HEART VERSE JEREMIAH 31:13b 


**2/04** **PALM SUNDAY**


**3/04** TALK TO SOMEONE YOU DON'T NORMALLY TALK TO 

**4/04** PRAY FOR PEOPLE WHO ARE LONELY

**5/04** LIGHT A CANDLE AND PRAY FOR OUR EARTH 

**6/04** **THURSDAY OF THE LORD'S SUPPER** WASH THE HANDS OR FEET OF SOMEONE IN YOUR FAMILY 

**7/04** **FRIDAY OF THE PASSION OF THE LORD** STATIONS OF THE CROSS FREE FROM OUR ONLINE SHOP 

**8/04** **HOLY SATURDAY** OFF-BY-HEART VERSE HEBREWS 4:7b 

**9/04** **SUNDAY OF THE RESURRECTION** JESUS IS RISEN! 