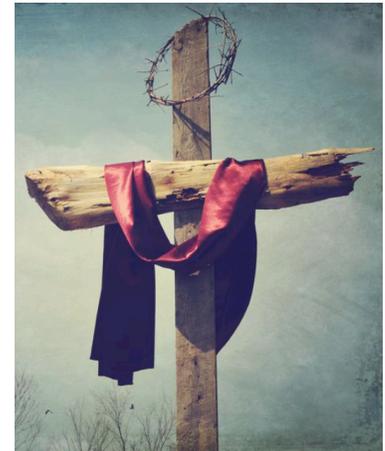


What to Do and Give Up this Lent

(to bring you closer to God)



Things You Could Give Up

Certain sins:

1. Gossip
2. Lying
3. Arguing/talking back to parents
4. Looking at inappropriate pictures or watching inappropriate videos
5. Being mean to siblings
6. Playing immoral video games
7. Excluding others
8. Taking the Lord's name in vain (Saying, "Oh my God!") (the 2nd Commandment)
9. Complaining for no good reason
10. Making fun of others / Putting others down
11. Being lazy in regards to important things you should be doing
12. Holding grudges
13. Listening to music that promotes or glorifies sin
14. Missing Sunday Mass (the 3rd Commandment)
15. Cheating on homework or tests

Other things you might do too often or could simply "offer up":

1. Video games
2. Texting
3. Your favorite type of social media (Instagram, Snapchat, etc.)
4. All non-Christian music
5. Watching more than one show in a row (in other words, no show-binging)
6. Mints
7. Candy
8. Listening to music while working on homework
9. 101.3 FM KDWB (or other stations that typically play not-so-good-for-your-soul music)
10. All drinks except milk and water
11. YouTube videos
12. All TV/online shows
13. Buying or shopping for things you don't need
14. Using computer for non-school stuff
15. Soda pop
16. Chips (all salty-crunchy snacks)

17. Certain TV channels, TV shows, certain websites
18. Sweets
19. Ketchup
20. The snooze button
21. Certain drinks (Starbucks drinks, Jamba Juice, etc.)
22. Ice cream
23. Using your phone when you're around other people (family, friends, etc.)
24. Hot showers
25. Fast food
26. Don't check any of your social media "stats" (how many "likes", comments, views, etc.)
27. Doodling
28. Wasting time on the Internet
29. Seasoning (salt, pepper, etc.) and/or condiments (ketchup, BBQ sauce, etc.)
30. Gum
31. Chips
32. Movies
33. All phone apps except for calling, texting, and taking pictures
34. Wearing your favorite color

Things You Could Do Better or More Of

1. Download a Jesusy app that will help you grow closer to God throughout Lent.
My top suggestions:
 - a. 40 Day Spiritual Workout (little challenges for each day of Lent):
<https://itunes.apple.com/us/app/40-day-spiritual-workout/id541930472?mt=8>
 - b. Truth and Life Dramatized Audio (*listen* to the Gospels instead of reading them): <https://itunes.apple.com/us/app/truth-life-dramatized-audio/id421230113?mt=8>
 - c. Lentsanity (reminds you not to eat meat on Fridays, videos from the Meat Police, and Bible readings):
<https://itunes.apple.com/us/app/lentsanity/id829017729?mt=8>
2. Pray on your knees every night before bed
3. Read from the Bible (every day for 1 minute, or 1 Psalm a day, or 1 chapter a day, etc.)
4. Ask your parents, "How can be of help?" every day
5. Read a Christian-themed book of some kind (tons on my book shelf that you can check out!)
6. If you're not already going to Mass every Sunday, do so (no matter what)
7. Stop by the adoration chapel every day for a little bit (or every Friday or something like that)
8. Call your grandparents
9. Listen to only Christian music during Lent (98.5 FM, etc.)

10. Choose one of the 4 Gospels and read through it over Lent (can easily read through them if you read a small section at a time)
11. More chores around the house
12. Make a goal of learning one thing from every Mass you go to by paying attention the whole time and listening for God's voice
13. Go to Thursday Morning Rosary!!!
14. Do all homework before watching TV
15. Share your faith in different ways:
 - a. 1. Tell people about and give away Catholic media (music, books, movies, talks, etc.)
 - b. 2. Send Catholic links (articles, videos, homilies, etc.)
 - c. 3. Post Catholic stuff on social media and stuff
 - d. 4. Say grace before eating in public ("Bless us...", shark prayer, Johnny Appleseed, etc.)
 - e. 5. Invite people to Catholic things (Mass, Confession, adoration, youth group, camp, retreats, etc.)
 - f. 6. Say you'll pray for people (then actually do it!)
 - g. 7. Answer questions (if you don't know an answer, find it later and get back to them)
 - h. 8. Ask questions ("How are you doing?", "What do you believe?", "Why don't you believe _____?")
 - i. 9. Tell your story (how God has changed your life, how following Jesus makes you happier, etc.)
 - j. 10. BE LIKE JESUS ("Saints make saints!")
16. "Mix it up!" (hang out with others you usually don't hang out with)
17. Pray the Rosary on your own (or do a "Mini Rosary")
18. Do extra nice things for siblings
19. Do Lectio Divina
20. Do all of my homework before watching TV, playing video games, using your phone, etc.
21. Make a list of 5 things you are thankful for everyday
22. Talk with your parents and siblings when riding in the car instead of looking at your phone or listening to music
23. Going to bed earlier (pick a time and stick to it all of Lent)
24. Say one nice thing to a sibling every day
25. Giving one compliment (to whomever) every day
26. Memorize Bible verses and/or Quote Dogs and put them around your room
27. Go to Confession
28. Spend the time you would have spent watching TV with members of your family instead
29. Exercise
30. Do everything you have for homework even when it is not due the next day
31. Get the *entire* family to eat dinner together