

Some Ideas for Lent

By Dr. Taylor Marshall

Here are some ideas to help you keep a holy Lent this year.
You don't have to do them all. But pick several:

- 1) Invite 10 people to church. Invite Catholics and non-Catholics to: Mass, Confession, Penance services.
- 2) Increase your weekly giving by \$40 to your parish, ministry, or the poor.
- 3) Give up alcohol, including Sundays.
- 4) Attend a recollection or mission once during Lent.
- 5) Attend the Stations of the Cross once during Lent.
- 6) Pray the Rosary daily.
- 7) Attend daily Mass.
- 8) Write a kind letter to a priest you and know and thank him for his ministry.
- 9) Write a kind text or email to a mother that you know who needs encouragement.
- 10) Write a kind text or email to a parent or grandparent.
- 11) Pray the Angelus daily at 6am, noon, 6pm.
- 12) Say 3 Hail Mary's every day for graces against sexual sins and temptations.
- 13) Set up a domestic altar in your home with a crucifix, candle, and holy cards (and incense if you want to go all out).
- 14) Stop at a church on the way home from work for 5 minutes every day. Make a visit to Jesus in the tabernacle.
- 15) Read all 4 Gospels (Matthew, Mark, Luke, John) during Lent.
- 16) Wake up at a set time in the morning during Lent (even on Saturdays and Sundays).
- 17) Give up adding salt and pepper at all meals in Lent.
- 18) Give up using butter on bread during Lent.
- 19) Give up milk and sugar in coffee for Lent.
- 20) Give up coffee for Lent.
- 21) Give up smoking for Lent.
- 22) Give up cussing for Lent.
- 23) Give up one meal per day for Lent.
- 24) Purchase a beautiful image of Our Lady, have it blessed, and place it in a prominent place in your home.
- 25) Thank God for priests by making a seminary donation.
- 26) Say the Saint Michael prayer daily.
- 27) Pray an Our Father, Hail Mary, Glory Be for the Pope daily.
- 28) Make a nightly examination of conscience and pray an act of contrition before bed each night.
- 29) Go to confession weekly.