


# The Lenten Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>February 17</b> <b>Ash Wednesday</b>  Read Psalm 51	<b>18</b> <b>Give up your favorite TV show or video game and read Psalm 42</b>	<b>19</b> <b>Fast in between meals, no snacks</b>	<b>20</b> <b>Read Isaiah 40:10-17</b>
<b>21</b> <b>Call a family member or friend to see how they are doing</b>	<b>22</b> <b>Pray a decade of the rosary for an increase in the virtue of charity</b>	<b>23</b> <b>Go out of your way today to help someone</b>	<b>24</b> <b>Say 3 Our Fathers and Hail Marys for someone's intentions today</b>	<b>25</b> <b>Read Isaiah 43</b>	<b>26</b> <b>Read Joel 2:12-14. Think about how your fasting is changing you for the better.</b>	<b>27</b> <b>Read Ephesians 1:3-10</b>
<b>28</b> <b>Say one Our Father, one Hail Mary and one Glory be for the people on our prayer tree</b>	<b>March 1</b> <b>Read Psalm 51 in reparation for past sins</b>	<b>2</b> <b>Give up your favorite TV show or video game and read Psalm 42</b>	<b>3</b> <b>Compliment someone today</b>	<b>4</b> <b>Spend five minutes in prayer asking God for his grace to heal you of...</b>	<b>5</b> <b>Fast in between meals, no snacks</b>	<b>6</b> <b>Read Psalm 11</b>
<b>7</b> <b>Read Matthew 6:16-18 offer something up today for people who are suffering.</b>	<b>8</b> <b>Read Romans 13:11-15</b>	<b>9</b> <b>Do one spiritual work at mercy today</b>	<b>10</b> <b>Read Psalm 33</b>	<b>11</b> <b>Do one corporal works of mercy today</b>	<b>12</b> <b>Say the Divine Mercy chaplet</b>	<b>13</b> <b>Spend five minutes in prayer thanking God for His graces.</b>

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<b>14</b> Call a family member or friend to see how they are doing	<b>15</b> Write down five things that you are thankful for	<b>16</b> Read 1 Peter 1:17-19	<b>17</b> Read Matthew chapter 5 on the beatitudes	<b>18</b> Do one spiritual work at mercy today	<b>19</b> St. Joseph  Pray the litany of Saint Joseph	<b>20</b> Go out of your way today to help someone
<b>21</b> Read Psalm 24	<b>22</b> Pray one Our Father, one Hail Mary and one Glory be for the people on our prayer tree	<b>23</b> Read Psalm 127	<b>24</b> Call a family member or friend to see how they are doing	<b>25</b> Annunciation  Pray the Rosary	<b>26</b> Fast in between meals, no snacks	<b>27</b> Spent five minutes in prayer asking God for his grace to heal you of...
<b>28</b> Palm Sunday  Give up your favorite TV show or video game and read Psalm 42	<b>29</b> Read Exodus Chapter 12	<b>30</b> Pray the litany of the Blessed Virgin Mary	<b>31</b> Pray one Our Father, one Hail Mary and one Glory be for the people on our prayer tree	<b>April 1</b> Holy Thursday  Read Psalm 22	<b>2</b> Good Friday  Say the Divine Mercy chaplet	<b>3</b> Holy Saturday  Reflect on the seven Sorrows of Mary
<b>4</b> Easter Sunday  Rejoice! The Lord is Risen!						