

# MY 2017 LENTEN CALENDAR – GET CAUGHT BEING HOLY

This Lent I will show my love for Jesus by doing something for him each day. To show what I have done, I will color a fish each day to match one of the good deeds below.

**GREEN FISH:** I said an extra prayer.









































**PURPLE FISH:** I helped someone.

**RED FISH:** I did something good that was hard for me to do.

**YELLOW FISH:** I did what I was supposed to do without being told.

**ORANGE FISH:** I gave up something I like to remember what Jesus sacrificed for us.

SIGNED \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MARCH 1 	2 	3 	4 
MARCH 5	6 	7 	8 	9 	10 	11 
MARCH 12	13 	14 	15 	16 	17 	18 
MARCH 19	20 	21 	22 	23 	24 	25 
MARCH 26	27 	28 	29 	30 	31 	APRIL 1 
APRIL 2	3 	4 	5 	6 	7 	8 
APRIL 9	10 	11 	12 	13 	14 	15 

# MY 2017 LENTEN CALENDAR

## PRAY



- EXAMPLE 1: Pray for your family.
- EXAMPEL 2: Pray for your teachers.
- EXAMPLE 3: Pray for our leaders.
- EXAMPLE 4: Pray for those who are lonely.
- EXAMPLE 5: Pray for those who are sick.
- EXAMPLE 6: Pray for someone who has been unkind to you.
- EXAMPLE 7: Pray for all the children in countries at war
- EXAMPLE 8: Attend (or read at home) the Stations of the Cross.
- EXAMPLE 9: Say your morning and night prayers.
- EXAMPLE 10: Say your meal prayers.
- EXAMPLE 11: Read the Bible for 15 minutes.
- EXAMPLE 12: Thank God for your home.
- EXAMPLE 13: Thank God for as many things as you can think of.
- EXAMPLE 14: Thank God for your family.
- EXAMPLE 15: Thank God for your friends.

## FAST



- EXAMPLE 1: Let someone borrow something special for the day.
- EXAMPEL 2: Give up something in order to turn toward God.
- EXAMPLE 3: Give up whining and complaining.
- EXAMPLE 4: Give up electronics/TV/video games.
- EXAMPLE 5: Give up a treat for one day.
- EXAMPLE 6: Read a book instead of watching TV.
- EXAMPLE 7: Color or paint instead of playing video games.
- EXAMPLE 8: Clean up a mess that somebody else made (without complaining.)
- EXAMPLE 9: Do not complain or say mean things about anyone.
- EXAMPLE 10: Eat the food you are served without complaining.
- EXAMPLE 11: Drink water instead of juice or soda.
- EXAMPLE 12: Exercise your body instead of playing video games.
- EXAMPLE 13: Give up television and Internet for one day.
- EXAMPLE 14: Try very hard not to get angry or to fight.
- EXAMPLE 15: Don't argue.

## SERVE



- EXAMPLE 1: Draw a picture/write a card to someone to show your love.
- EXAMPEL 2: Help your siblings with homework or a learning activity.
- EXAMPLE 3: Help set the table at dinnertime.
- EXAMPLE 4: Share your toys with your brother or sister.
- EXAMPLE 5: Put some of your allowance in the poor box at church.
- EXAMPLE 6: Eat lunch with someone new.
- EXAMPLE 7: Give someone a hug.
- EXAMPLE 8: Sort and donate toys you no longer use.
- EXAMPLE 9: Pick up litter.
- EXAMPLE 10: Read a story to someone younger.
- EXAMPLE 11: Perform a good deed for someone outside the family — teacher, friend, relative.
- EXAMPLE 12: Pick out food to bring to church for those in need.
- EXAMPLE 13: Do a chore without being asked.
- EXAMPLE 14: Give someone a compliment.
- EXAMPLE 15: Include a classmate who is usually left out.