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| 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.
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| Related imageFAST | * 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.
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| 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.
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