

What is a Lenten Covenant?

A Lenten Covenant is a way for individuals and families to prayerfully discern how they might make the most of the 40 days leading up to Easter. By identifying and committing to concrete ways of increasing prayer, fasting, and almsgiving, we can journey together in a very real way on the road to Calvary.

PRAY

Prayer is the raising of our minds and hearts to God and can be active or contemplative. Some examples of increased Lenten prayer are:

- Reading a bible story as a family before bed each night
 - Praying a decade of the Rosary each night
 - Praying Stations of the Cross at home or at church once a week
 - Dedicating a certain night or nights of the week to be screen-free nights where silence and/or spiritual reading can occur
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FAST

Fasting is the giving up of something we enjoy; the ability to do without something that is good makes it easier to say no to things that are bad. Some examples of Lenten fasting are:

- Individually or collectively giving up a favorite food: candy, soda, chocolate, etc.
 - Having a soup and bread dinner once or twice a week
 - Deciding not to go out to restaurants or carry-in food during Lent
 - Giving up TV, video games, Facebook, etc. for the 40 days of Lent
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GIVE

Almsgiving is the gift of time, talent, or treasure to help someone in need. Giving money is often easiest, but the gift of our time or a particular skill we have can prove more valuable at times. Some examples of Lenten almsgiving are:

- Giving the money you saved in your fasting to a good cause (e.g. CRS Rice Bowls)
- Donating canned goods and non-perishable items to a food pantry (e.g. SVdP)
- Sending homemade cards to elderly family members or nursing home residents
- Collecting and assembling Easter care packages for the moms and their babies at Hannah's House

Your (Family) Name

LENTEN COVENANT

Take a few moments to pray about and discuss what you, as an individual and/or as a family, can do to make this an extra special Lent. Make a plan for how you will celebrate the season of Lent in your home.

PRAY

I/We commit to an increase in prayer in the following way(s) during Lent:

FAST

I/We commit to making small sacrifices through fasting in the following way(s) during Lent:

GIVE

I/We commit to giving of our time, talent, and/or treasure in the following way(s) during Lent:
