

Lent: prayer, generosity and a fresh start

This optional activity plan does not set fasting obligations. Follow the discipline of your Church and local guidance, with attention to age and health. For children, choose kindness and prayer rather than food restrictions.

Begin / Choose a small rhythm

☐ **Choose a prayer time**

Attach a short prayer to an existing part of your day.

☐ **Choose an act of generosity**

Offer time, help or an affordable gift in response to a real need.

Keep going / Listen

☐ **Read about healing and forgiveness**

Read Mark 2:1-12 and notice the friends who bring someone to Jesus.

☐ **Reduce one distraction**

Create a little quiet without making an unrealistic rule for the whole household.

Return / Make room for mercy

☐ **Prepare for Confession**

Check parish times and allow time for a calm examination of conscience.

☐ **Make an appropriate repair**

Apologize or correct a mistake where possible, without reopening unsafe contact.

One thing to carry into the next week

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Continue at your own pace. These are invitations, not a test to complete.

Care / Notice a neighbor

☐ **Check in with someone**

Ask what practical support would help this week.

☐ **Share a simple meal**

Let conversation and attention be the focus; respect everyone's food needs.

Renew / Simplify again

☐ **Review your practice**

Keep what helps you love God and others; adjust what has become unmanageable.

☐ **Pray with Christ's Passion**

Join your parish Stations of the Cross or read a short Gospel passage quietly.

Holy Week / Follow Jesus

☐ **Check the parish schedule**

Note the times for the Holy Thursday liturgy, Good Friday and the Easter Vigil.

☐ **Read and pause**

Spend time with the Passion narrative in one Gospel, in manageable portions.

One thing to carry into the next week
