

Lenten Activities

We can take time to pause for prayer and reflection throughout Lent. If you are stuck for ideas, here is a list of activities you can do to devote your thoughts and prayers to the Lord.

<p style="text-align: center;"><i>Attend an Ash Wednesday Service</i></p> <p>Ash Wednesday services can help us meditate on our mortality, our sinfulness, and our need for the Saviour. This can jump-start our commitment to daily repentance during Lent</p>	<p style="text-align: center;"><i>Take Time To Read The Word Of God</i></p> <p>Take time to read through scriptures. It could be Sunday's gospel which is on the sway page with a reflection and a prayer or reading a certain passage or work through a particular gospel.</p>	<p style="text-align: center;"><i>Write A Lenten Pledge</i></p> <p>Write a Lenten pledge which will aim to devote time to prayer, reflection and giving to others. Use the template on the school website and let the lay chaplains know your pledges.</p>
<p style="text-align: center;"><i>40 Days 40 Good Deeds</i></p> <p>We have 40 days to pause for prayer, reflection and giving. We can do 40 good deeds during this time to show God's love to all around.</p> <p><i>Examples of tasks: Help your siblings with their homework, take time to do a favour for someone, take time to listen to someone and ask how their day was or pray for someone.</i></p>	<p style="text-align: center;"><i>Take Time Away From Social Media</i></p> <p>Social media can occupy a lot of our time. Stepping away from social media during Lent gives us some silent moments that we can use for extra prayer and Bible reading. If you don't use a lot of social media, you might consider giving up another activity such as watching TV, playing video games, or reading magazines.</p>	<p style="text-align: center;"><i>Attend A Stations Of The Cross Service</i></p> <p>The Stations of the Cross is a devotional time that walks us through the events leading up to Christ's crucifixion. They can help us meditate on this time of Lent.</p>
<p style="text-align: center;"><i>Give Up Something For Lent</i></p> <p>Fasting helps increase our hunger for God and makes room for Him in our lives. There are various ways to fast from food during Lent. We can choose to abstain from eating a particular type of food (such as chocolate or sweets).</p>	<p style="text-align: center;"><i>Work On A Habit</i></p> <p>It's common during Lent, but I think it is a good idea to give up any habit that keeps us from being everything that God has called us to be. This may be something like gossiping, complaining or making a pledge to be more productive.</p>	<p style="text-align: center;"><i>Use A Lenten Calendar</i></p> <p>There are many Lenten calendars available that can help guide us through Lent. We can document our own activities and reflections.</p>

“ Here I Am, Lord” Isaiah 6:8