

Children's Lenten Calendar 2023

✝ Each day choose one prayer, sacrifice or helping challenge from the choices below...

✝ Tick it off or colour it in when you complete it

✝ Colour in today's square on the Lenten Path to Easter sheet

Help someone with a job at home	Pray for Deacon Martin and Tony to be ordained soon	Look out for anyone who looks lonely today	Let someone else choose first today	Thank your mum or dad for something today
Spend a few moments thanking Jesus for loving you	Read the story of Jesus' Passion with your family	Pray together with someone in your family	Ask the Holy Spirit to help you be more loving	Sing a hymn or song of praise to God
Write a note or card to say thank you to someone	Pray for those who look after you	Pray for your teachers	Donate something to a food bank	Pray for those who live on their own
Pray for those in prison	Pray for those in government	Pray for peace in the world	Give up chocolate today	Make a special effort to be obedient today
Let someone else go first	Forgive someone	Say sorry when you should	Thank your teacher for something	Help someone who looks tired
Make a special effort to be obedient to your parents	Hug someone to make them feel better	Send a card to someone to cheer them up	Help someone without being asked	Tidy your room or play area without being asked
Spend a few minutes resting in the Father's love for you	Pray for our priests Fr Mark, Bishop Peter, and all our supply priests	In your heart, thank God the Father for giving you life	Pray for those who struggle to find enough food to eat	Spend a few minutes telling God how much you love Him
Thank God for a new day when you wake up	Do your very best in all your work today	Pray for someone you know who isn't well	Pray for the Pope's needs and intentions	Pray for those who help the homeless
Don't waste any food today	Try not to complain about anything today	Give up your favourite TV program today	Use your hands to help someone today	Smile at someone to cheer them up
Make an Easter garden	Draw or paint a picture of Jesus at the Last Supper	Draw or paint a picture of Jesus on the cross	Make an effort to share better today	Spend some time thanking God for all you have

✝ Don't forget to attend Mass on Sundays!

✝ Wishing you all a blessed and grace-filled Lent!