

BEING A LENT HERO WITH AID TO THE CHURCH IN NEED
IDEAS OF WHAT I MIGHT DO IN LENT.



ACN

GO TO AN EXTRA MASS TO PRAY FOR SOMEONE ELSE
LEARN HOW TO SAY THE ROSARY
ASK YOUR PARENTS TO PRAY WITH YOU BEFORE BED, ESPECIALLY FOR SUFFERING CHRISTIANS AROUND THE WORLD
VOLUNTEER TO HELP YOU PARENTS WITH CHORES
SAVE SOME OF YOUR POCKET MONEY AND BRING IT TO THE LENT COLLECTION FOR ACN
ASK YOUR PARENTS TO BRING YOU TO THE STATIONS OF THE CROSS AT YOUR CHURCH
MAKE FRIENDS WITH SOMEONE YOU'VE HAD AN ARGUMENT WITH
ORGANISE A CLASS CAKE SALE OR OTHER CHARITY EVENT FOR ACN
GIVE UP SOMETHING YOU LIKE AND OFFER YOUR SACRIFICE TO GOD
THINK OF ONE NICE THING TO DO FOR SOMEONE THIS WEEK
ONLY SAY TRUE THINGS THROUGHOUT THE WHOLE OF LENT AS IN DON'T TELL ANY LIES
GO TO CONFESSION
SPEND SOME TIME WITH AN ELDERLY RELATIVE
TRY TO NOT MOAN WHEN THINGS DON'T GO YOUR WAY
GET UP 5 MINUTES EARLIER AND SPEND THAT TIME PRAYING
VISIT THE SCHOOL CHAPEL AND ASK GOD TO BLESS PEOPLE WHO ARE SUFFERING IN THE WORLD
READ ONE BOOK OF THE NEW TESTAMENT WITH YOUR PARENTS
SAY GRACE BEFORE MEALS
ORGANISE AND COMPLETE A SPONSORED EVENT AND GIVE THE MONEY YOU HAVE RAISED TO ACN
FIND OUT ABOUT A SUFFERING CHRISTIAN IN ANOTHER COUNTRY
TIDY YOUR ROOM
TRY TO CONCENTRATE IN EVERY LESSON
SAY THANK YOU TO GOD FOR 5 THINGS EVERY DAY
COLLECT ALL YOUR SPARE CHANGE AT HOME AND GIVE THE MONEY TO ACN
SPEND LESS TIME ON THE COMPUTER/MOBILE PHONE OR WATCHING TV AND USE THAT TIME TO
SAY PRAYERS OR HELP AROUND THE HOUSE
IF SOMEONE ANNOYS YOU, DECIDE NOT TO HOLD A GRUDGE
MAKE YOU TEACHERS' LIFE EASIER, BY DOING WHAT YOU ARE ASKED FIRST TIME
PICK UP LITTER AT HOME AND AT SCHOOL WITHOUT BEING ASKED
WRITE YOUR OWN PRAYERS FOR YOUR FAMILY, THE WORLD AND FOR SUFFERING CHRISTIANS AND SHARE THESE WITH YOUR FRIENDS
TAKE NOTE OF EVERYTHING YOUR PARENTS DO FOR YOU IN A WEEK AND THANK THEM AT THE END OF THE WEEK
BE NICER TO YOUR SIBLINGS AND BE KIND TO CHILDREN YOUNGER THAN YOU
GET UP THE FIRST TIME YOUR ALARM GOES OFF/YOUR PARENTS CALL YOU
LEARN A PRAYER YOU DON'T ALREADY KNOW AND SAY IT EVERY DAY
GIVE UP SNACKS
HELP YOUR PARENTS CLEAN THE CAR, OR OFFER TO CLEAN IT FOR THEM
SAY A SPECIAL PRAYER FOR MEMBERS OF YOUR FAMILY WHO HAVE DIED
FIND OUT ABOUT A SAINT (MAYBE LINKED TO YOUR NAME, SCHOOL, COUNTRY OR PARISH) AND IMITATE ONE THING THAT SAID DID
JOIN IN THE ACN STATIONS OF THE CROSS AND LISTEN TO THE STORIES OF CHRISTIANS SUFFERING AROUND THE WORLD
LIGHT A CANDLE AT YOUR PARISH FOR CHRISTIANS SUFFERING AROUND THE WORLD
TRY YOUR BEST TO EAT WHAT YOU ARE GIVEN AT MEALTIMES AND NOT ASK FOR OTHER FOODS TO BE MADE ESPECIALLY FOR YOU
IF SOMEONE IS LEFT OUT, BE THE ONE TO INCLUDE THEM