

## 101 IDEAS FOR LENT

### 1-10: The Usual

1. Give up candy/sweets.
2. Give up television time.
3. Give up eating snacks between meals.
4. Give up or limit soda or coffee.
5. Give up or limit video games.
6. Spend more time with family.
7. [Give to the poor.](#)
8. Do an extra chore each day.
9. [Perform a random act of kindness.](#)
10. Spend more time in prayer.

### 11-20: Prayer

1. Pray a book of scripture using [lectio divina](#).
2. Attend church on a weekday.
3. Pray each day, alone or with your family.
4. Prayerfully read [Abandonment to Divine Providence](#).
5. Make a special prayer notebook and list all the people in your life who need prayers; pray for them each day. Add someone new every day.
6. Learn to pray the [Liturgy of the Hours](#).
7. Make a commitment to attend [Eucharistic Adoration](#) regularly.
8. Commit to [examining your conscience](#) each evening.
9. Pray the [Jesus Prayer](#) throughout the day.
10. Pray the [Angelus](#) each day at noon.

### 21-30: For Those Addicted to Popular Culture

1. Switch from regular radio to Christian music radio.
2. Avoid shows with gratuitous sex or violence.
3. Give up or limit watching sports on television.
4. Listen to only classical music for the next 40 days.
5. Drive to work in silence each day.
6. Read a work of [classic literature](#).
7. Read a classic novel.
8. Read a story to a child.
9. Sit in fifteen minutes of silence each day.
10. Write a letter to God each day.

### 31-40: For Internet Users/Bloggers

1. Set time limits on overall online time.
2. [Limit Facebook time.](#)
3. Limit Myspace time.
4. Resist making or adding to lists that rank people.
5. Share one spiritual video with your online network once a week.
6. Blog about the poor once a week.
7. Add a spiritual blog to your blog reader.
8. Subscribe to a prayer podcast like [Pray As You Go](#) or [Pray Station Portable](#).
9. Leave an encouraging or positive comment on a different blog each day.
10. Help a new blogger by sending traffic their way.

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### 41-50: For Those Who Need to Be More Grateful

1. Each week, write a letter of thanks to a different member of the clergy.
2. Each week write a thank-you note to your parents.
3. Write a poem of praise for each person in your family.
4. Get a stack of sticky-notes and write one sentence of thanks each day and stick it to the bedroom door of each person in your family so that by Easter they each have 40 sticky-notes.
5. Find the psalms of thanksgiving or praise in the Bible and pray them.
6. Write a list of the ways God has blessed you and add to it each day. This could be done in a notebook or on a big poster hanging on your wall.
7. At dinner each evening ask your family to share one thing for which they are grateful.
8. Make a CD or iPod playlist of praise and worship music and listen to it each day.
9. Make a point of saying "Thank You" a certain number of times per day.
10. Help your children write thank you letters to their teachers.

### 51-60: For Those With Lives Out of Balance

1. Go for a walk each day with a loved one and talk about life and faith.
2. Take the kids to the park each week for some carefree time.
3. Give up fast food and give the money to charity.
4. Exercise each day.
5. Spend at least half an hour each day in meaningful conversation with your spouse.
6. Go on a Lenten retreat.
7. Pray with [Sacred Space](#) each day.
8. Commit to a daily [3 Minute Retreat](#).
9. Begin the online [34-week Retreat for Everyday Life](#).
10. Give up your most unhealthy habit.

### 61-70: For Those Who Need Spiritual Nourishment

1. Read the documents of Vatican II, especially [Gaudium et Spes](#).
2. Read [The Catechism of the Catholic Church](#) or [The United States Catholic Catechism for Adults](#).
3. Sign up for adult formation classes at a local church.
4. Join a Bible study.
5. Attend Stations of the Cross at a local parish.
6. Find a spiritual director.
7. Read [The Imitation of Christ](#).
8. Listen to a free Catholic audio book from [Maria Lectrix](#).
9. Read [Introduction to the Devout Life](#).
10. Read a spiritual autobiography (i.e., Augustine's [Confessions](#), [Story of a Soul](#), [Journal of a Soul](#), [Witness to Hope](#))

### 71-80: For Those Who Need to Increase Service

1. Volunteer at soup kitchen or other food program.
2. Coordinate a food drive at your church, school or place of employment.
3. Find out who in your church is sick and offer to visit them or bring them food.
4. Call your local charities and volunteer.
5. Begin making visits to a nursing home.
6. Help an elderly or disabled person in your neighborhood with yard work or other difficult chores.
7. Become a hospital volunteer.
8. Become part of a prison ministry team.
9. Coordinate a clothing drive.
10. [Make rosaries and give them away](#).

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### 81-90: For Those Who Need to Be More Active in Their Church

1. Become a lector.
2. Volunteer to become an Extraordinary Minister of the Eucharist
3. Volunteer to help with the youth group.
4. After each service stay awhile and introduce yourself to someone you don't know.
5. Join the [Knights of Columbus](#).
6. Offer to be a Confirmation sponsor.
7. Volunteer to be an usher.
8. Offer to help with funeral dinners.
9. Help with the youth program.
10. Volunteer to do lawn work, cleaning or other needed maintenance for the church.

### 90-101: Potpourri

1. Begin to receive the Sacrament of Penance weekly.
2. Give up foul language.
3. Give up gossiping.
4. Read and study [Healing the Culture](#).
5. Study the life of a different saint each day.
6. Cook dinner each night for your family if someone else normally does.
7. Pray the [Chaplet of Divine Mercy](#).
8. Carry extra food in your car, purse or backpack to give to street corner beggars.
9. Begin practicing [socially conscious investing](#).
10. Spend a week meditating on each of the [seven principles of Catholic social teaching](#).
11. Make breakfast each morning for your family.