

Lent is based on sacrifice, so most participants choose to stop eating a favorite food or pursuing a favorite activity. However, **you** can also choose to do something instead. For example, say an extra prayer every day, go to church twice a week, or read some scripture verses.

Take a moment to think about something(s) you want to give up and something(s) you want to do during the Lent Season. Write a list of the things you plan to give up and do during Lent.

**1. I plan to give up...**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**2. I plan to do...**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## **Bless My Five**

Write down five names of people you plan to pray for continuously during the Lent Season.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_