

Lenten Promises

Wednesday, February 22

To do: Be nicer to others

To Give Up: Candy and/or ice cream

Thursday, February 23

To Do: Read and meditate on a verse from the Bible

To Give Up: Being lazy

Friday, February 24 through Sunday, February 26

To Do: Study more

To Give Up: Mean comments

Monday, February 27

To Do: Show respect to all we encounter

To Give Up: Facebook or video games

Tuesday, February 28

To Do: Smile more at others

To Give Up: Computer (unless related to homework) and TV time

Wednesday, February 29

To Do: Spend some quiet time somewhere you can be alone with God

To Give Up: Making excuses

Thursday, March 1

To Do: Work harder at school

To Give Up: Drinking soda (pop)

Friday, March 2 through Sunday, March 4

To Do: Give genuine compliments

To Give Up: Dessert

Monday, March 5

To Do: Help or comfort someone

To Give Up: Being mean or rude to the members of my family

Tuesday, March 6

To Do: Give loose change to the Poor or Missions

To Give Up: Video Games

Wednesday, March 7

To Do: Talk with someone I have never talked to before

To Give Up: Chewing gum

Thursday, March 8

To Do: Make someone smile

To Give Up: Gossip

Friday, March 9 through Sunday, March 11

To Do: Give a little more money to the poor or the missions

To Give Up: Derogatory comments

Monday, March 12

To Do: Random act of kindness

To Give Up: Saying hurtful things

Tuesday, March 13

To Do: Be kinder to my family

To Give Up: Unnecessary texting or Tattling

Wednesday, March 14

To Do: Study more

To Give Up: Cookies

Thursday, March 15

To Do: When talking with others look them in the eye and concentrate on them

To Give Up: Being critical and judgmental of others

Friday, March 16 through Sunday, March 18

To Do: Spend Time in Prayer

To Give Up: Complaining

Monday, March 19

To Do: Show the love of God to everyone around me

To Give Up: Talking back

Tuesday, March 20

To Do: Pick up 3 pieces of trash

To Give Up: Doing things later

Wednesday, March 21

To Do: Go out of my way to be nice or helpful to someone

To Give Up: I-Pod or favorite cartoon program

Thursday, March 22

To Do: Pray extra before going to sleep at night

To Give Up: Mean comments

Friday, March 23 through Sunday, March 25

To Do: Read a scripture passage and reflect on it in prayer

To Give Up: Favorite TV program

Monday, March 26

To Do: Be nice to others

To Give Up: Being angry at siblings or others who have hurt us

Tuesday, March 27

To Do: Charity Work

To Give Up: Actions that lead to disruption or distractions

Wednesday, March 28

To Do: Give 100% effort in all that I do

To Give Up: Being lazy

Thursday, March 29

To Do: Spend more time with my family

To Give Up: Judgmental attitude

Friday, March 30 through Wednesday, April 4

To Do: Pray either a decade of the rosary or a prayer of reflection on what Holy Week is all about

To Give Up: Snacking and junk food