

Raise the Bar

Adults:

- ◆ Who do you need to forgive? Offer small aches and pains for this person and if possible ask them to forgive you
- ◆ Renounce particular temptations or sins. (See parish office for resources)
- ◆ Make a thorough examination of conscience and prepare for a great confession

Teens:

- ◆ Pray three Hail Mary's a day for the gift of a good prayer life
- ◆ Clean your room
- ◆ Start tithing 3-5% of your paycheck, if you already tithe up it 1%
- ◆ Choose to charge your phone outside your bedroom when you sleep
- ◆ Fast from social media

Children:

- ◆ Pray three Hail Mary's a day for the gift of a good prayer life
- ◆ Find ways to help your parents without being asked
- ◆ Eat less desserts
- ◆ Choose to allow yourself screen time once homework is done and fast from screen time in the morning

Join a Small Group

allsaintschurch.com/smallgroups/

Upcoming Lenten Events:

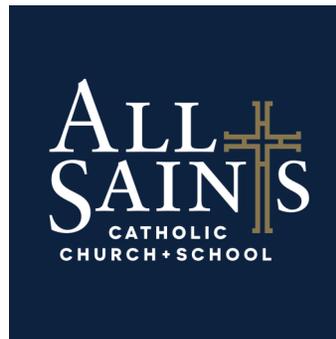
(See the bulletin or website for more info)

Soup Suppers
Fish Dinners
Reconciliation Day
Weekly Stations of the Cross
Rice Bowl
Daily Mass

More copies:

allsaintschurch.com/relent/

More Resources:
952-462-6470



Step into Lent

PRAYER + FASTING + ALMSGIVING

*“Restore to me the JOY
of thy salvation, and
sustain me with a willing
spirit.” -Psalm 51:12*

STEP INTO LENT PLAN

Name

*This tool is to help,
individuals, married couples,
and families
step into Lent
fully and completely.*

Individual Lenten Commitments

- ◆ Begin a daily prayer life, at least 10 minutes a day (ask parish office for resources)
- ◆ If you already pray daily, up it two or more minutes a day
- ◆ Pray the Rosary daily
- ◆ Go to daily Mass
- ◆ Trade screen time for family time or personal prayer
- ◆ Join a Small Group (See info on back of this brochure)
- ◆ Skip the drive-thru
- ◆ Tithe an additional 1%
- ◆ Daily ask for the gift of purity

Prayer:

Fasting:

Almsgiving:

Spousal Lenten Commitments

- ◆ Ask for forgiveness/ forgive each other daily
- ◆ Pray together, ask the Holy Spirit to enrich your marriage
- ◆ Offer complaints to God instead of your spouse
- ◆ Establish a “tech-free” date night where you can affirm each other and share your thoughts and dreams
- ◆ Join or start a Small Group/ Couples Group (See info on back of this brochure)

Prayer:

Fasting:

Almsgiving:

Family Lenten Commitments

- ◆ Go to Reconciliation Day
- ◆ Eat at the table as a family two or more times a week
- ◆ Renew or establish Family Prayer before school or bedtime
- ◆ Read Sunday Gospel and share insights
- ◆ Have each family member write down their Lenten sacrifice in a private place. Review these weekly and share how Lent is going with one other person in the family.
- ◆ Encourage each other daily

Prayer:

Fasting:

Almsgiving: