



**ST. PIUS X-ST. MATTHIAS ACADEMY  
 LENTEN PROGRAM OF PRAYER, PENANCE, & CHARITY  
 FOR TEENS & FAMILIES**

As we enter our Lenten Journey as a faith community, we invite and encourage you to join in this program of prayer, penance and charity. This program is a wonderful opportunity for you to grow in love for Christ and all people. Check all or some of the spaces next to the activities you are committing to for this Lenten period.

**Dear parents/guardians:**

Teens will almost never learn **prayer and penance** - the practice of self-discipline - without the support of their parents. As important as other ministries are in the Church, none is as imperative as ministry to your own children and family. We encourage you as parents who take part in this program to do the following:

- **Recognize the power of example.** If you pray, do penance and act lovingly, your children will be influenced.
- **Be supportive** – by words and acts of encouragement. Give at least one hug daily.
- **Reward the effort** even if the results are not perfect.
- **Buy and serve healthy food.** A healthy diet increases energy and vitality.

God calls us to live out the Gospel message of love through prayer, penance and charity. If we are to overcome addictions offered by the world (alcohol, drugs, sex outside marriage, overeating, rebellion, anger, laziness, etc.), we must be helped. By following these suggestions, we become witnesses to the power of the love of Jesus Christ to overcome their shortcomings. May the Holy Spirit give us the courage to begin and the love of God through your family the encouragement to continue.

**VOLUNTARY CONTRACT**

Dear Lord:

Because of my love for you and a desire to please you, I commit to the practice of prayer, penance and charity this Lenten Season. I promise to uphold these Lenten commitments to be better fit for life, spiritually, physically, mentally, socially and emotionally.

Teen	Parent	(place an "X" to those areas you will commit to during the Lenten Season)
_____	_____	1. <b>Mass</b> every Sunday and Holydays and, if possible, attend morning Mass at your parish or on Tuesdays at 7:30 am in the St. Pius X Chapel.
_____	_____	2. <b>Family prayer</b> , at least 15 minutes every day. (eg. all or part of the Rosary.)
_____	_____	3. Read the <b>Bible</b> five minutes or more daily.
_____	_____	4. <b>Visit</b> Jesus in the Blessed Sacrament in the Chapel, before or after school or work.
_____	_____	5. <b>Confession</b> at least once during Lent (and at least four times per year.)
_____	_____	6. One <b>act of kindness, love or service</b> each day.
_____	_____	7. Give up <b>junk food</b> at least four times a week. Junk food includes coke, candy, donuts, cookies, potato chips, and all foods high in fats and sugar. Substitute healthy food such as fruit, vegetables, etc.
_____	_____	8. <b>Reduce TV, internet, social media, and electronic devices</b> by at least one hour a day for prayer, exercise and spiritual reading/study.
_____	_____	9. Daily <b>exercise</b> for 30 minutes or so esp. as a family: walking, bicycling, etc.
_____	_____	10. Other: _____

-----Tear here-offer up at Mass on Ash Wednesday -----

I agree to enter the **Program of Prayer, Penance & Charity** for the period of \_\_\_\_\_ days/months.

\_\_\_\_\_  
 Student's Signature

\_\_\_\_\_  
 Parent Signature