

# Our Family's Lenten Journey

✦ PRAYER ✦

*How will we grow closer to God?*

Daily Mass

Stations of the Cross

Daily Family Prayer Time:

Scripture Reading:

Liturgy of the Hours:

Other:

✦ FASTING ✦

*What will we give up or take on?*

Family Fast:

Screen Limits:

Food/Treats:

Other:

✦ ALMSGIVING ✦

*How will we serve others?*

Donate To:

Service Project:

Acts of Kindness:

Other:

✦ LITURGICAL DAYS ✦

Ash Wednesday

First Sunday of Lent

Second Sunday of Lent

Third Sunday of Lent

Fourth Sunday of Lent (Laetare)

Fifth Sunday of Lent

Palm Sunday

Triduum: Holy Thursday,  
Good Friday, Holy Saturday

Easter Sunday

Divine Mercy Sunday

Ascension

Pentecost

### Weekly Check-Ins

✦ WEEK 1 ✦

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✦ WEEK 2 ✦

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✦ WEEK 3 ✦

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✦ WEEK 4 ✦

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✦ WEEK 5 ✦

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✦ HOLY WEEK ✦

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## Individual Commitments

✦ NAME ✦	✦ PRAYER ✦	✦ FASTING ✦	✦ ALMSGIVING ✦
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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