

My Lenten Challenge: 2026

Live with the Spirit:
40 days to grow in faith



Lent is a **special 40-day journey** to help us **get ready for Easter**. It's a time to walk with Jesus and make our hearts more loving.

This Lent, we can **do something** to show we are followers of Jesus every day:

GIVE UP *[Fast]*

'Fast' or do without something small to make more space for Jesus



PRAY

Have a conversation with God. Add extra time to talk to and listen to Jesus



SHARE *[Almsgiving]*

Give time, kindness or something to help someone else feel loved by Jesus



Here are some steps to help you get started on your 40-day journey:

- Take some time to think about what you would like to do or promise for Lent.

GIVE UP | PRAY | SHARE

- Talk with your family and share what you'd like to do.
- Write down the things that you will practice during Lent.
- Don't be afraid to ask for help from a parent or your teacher.
- Remind yourself each morning of what you are doing - and even a couple times during the day.



Turn over to write your Lenten plan.

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For my Lenten journey - I will *[circle one]* :

GIVE UP |
[Fast]

PRAY |

SHARE
[Almsgiving]

Examples of Ideas

GIVE UP (Fast)



- Give up chocolate or a favorite food
- Give up unkind words
- Avoid using plastic
- Cut back on time on technology



PRAY



- Start your day saying a prayer (O Angel of God, Hail Mary or Our Father)
- End your day thanking Jesus for something that day



SHARE (Almsgiving)



- Donate old toys or books to a local charity shop
- Give time to someone who is shy or new to your class
- Smile at someone



I will practice this promise by:



When you begin or need a little help during the 40 days, simply pray:

Come Holy Spirit, Come, Amen

During Lent, prepare to celebrate Jesus' resurrection by going to **Confession (or Reconciliation)** - at least once.



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Live with the Spirit:
40 days to grow in faith



Lent is a **special 40-day journey** to help us **get ready for Easter**. It's a time to walk with Jesus and make our hearts more loving.

This Lent, we can **practice one thing in each area to** show we are followers of Jesus every day:

GIVE UP [Fast]

'Fast' or do without something small to make more space for Jesus



PRAY

Have a conversation with God. Add extra time to talk to and listen to Jesus



SHARE [Almsgiving]

Give time, kindness or something to help someone else feel loved by Jesus



Here are some steps to help you get started on your 40-day journey:

- Take some time to think about what you would like to do or promise for Lent.

GIVE UP | PRAY | SHARE

- Talk with your family and share what you'd like to do.
- Write down the things that you will practice during Lent.
- Don't be afraid to ask for help from a parent or your teacher.
- Remind yourself each morning of what you are doing - and even a couple times during the day.



Turn over to write your Lenten plan.

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For my Lenten journey - I will *[circle one]* : **GIVE UP** | **PRAY** | **SHARE**
[Fast] [Almsgiving]

Examples of Ideas

GIVE UP
(Fast)



- Give up or reduce daily technology time
- Give up judging others
- Reduce use of plastic
- Stop any gossiping or talking about others



PRAY



- At noon, pause to say a prayer (e.g., Hail Mary or Our Father)
- Go to mass the Sundays of Lent



SHARE
(Almsgiving)



- Give part of your pocket money to Trocaire
- Donate things to a local charity shop
- Give time to someone who is needy, shy or new to your class
- Smile at someone



I will practice this promise by:



When you begin or need a little help during the 40 days, simply pray:

Come Holy Spirit, Come, Amen

During Lent, prepare to celebrate Jesus' resurrection by going to **Confession (or Reconciliation)** - at least once.

