

My Lenten Challenge: 2026

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



Live with the Spirit:
40 days to grow in faith



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.

My Lenten Challenge: 2026



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

GIVE UP | PRAY | SHARE
[Fast] [Almsgiving]

GIVE UP (Fast)



Examples of Ideas

- Give up chocolate or a favorite food
- Give up unkind words
- Avoid using plastic
- Cut back on time on technology
- Start your day saying a prayer (O Angel of God, Hail Mary or Our Father)
- End your day thanking Jesus for something that day



PRAY



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



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

Come Holy Spirit, Come, Amen

I will practice this promise by:



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



My Lenten Challenge: 2026

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



Live with the Spirit:
40 days to grow in faith



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.

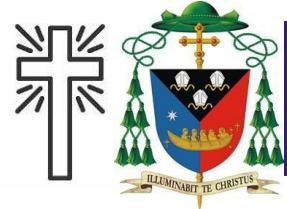
GIVE UP | PRAY | SHARE

- 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.

My Lenten Challenge: 2026



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

GIVE UP | PRAY | SHARE

[Fast] [Almsgiving]

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



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

Come Holy Spirit, Come, Amen

I will practice this promise by:

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

