

Lent 2022 with Fearless



SUN	MON	TUE	WED	THU	FRI	SAT
			2 ASH WEDNESDAY Download iPray with the Gospel & use it daily	3 Call a friend instead of texting	4 Go for a walk without your phone	5 Take time to have a chat with your mum
6 Pray for world peace	7 Set quiet time to reflect on the things you are grateful for	8 Try to do something you are not comfortable doing	9 Give the very best in your classes today	10 Listen to others without interrupting	11 Do a house chore without being asked	12 Try a new recipe
13 Think about how much God loves you	14 Share something that is meaningful to you with your dad	15 Eat whatever is served to you without complaining	16 Say to God, "thank you, I'm sorry & help me" for specific things	17 ST. PATRICK'S DAY Set a time limit for social media of 30 minutes	18 Make friends again with someone you've fallen out with	19 ST. JOSEPH'S DAY Offer to help someone at home
20 Pray for those who are sick	21 Smile often during the day even if you are tired	22 Ask someone for help instead of doing it yourself	23 Tidy your bedroom	24 Do something thoughtful for someone	25 Call someone without texting first	26 Pray a decade of the Rosary for world peace
27 List out your talents & thank God for them	28 Listen more when someone else is telling you a story	29 Eat a bit more of what you do not like	30 Compliment someone at home	31 Smile & don't talk back at home	1 Think of one thing to improve on & ask God for help	2 Let your siblings get first pick of something at home
3 Help clean the kitchen without being asked	4 Write a letter to God telling Him what's in your heart	5 Reach out to a classmate you don't really engage with	6 Ask St. Joseph to help you with your school work	7 Take on your parents' request without complaining	8 Go for a walk with one of your parents	9 Send a card or write a letter to someone
10 PALM SUNDAY Don't check your phone when talking with someone	11 Listen to 10 minutes with Jesus	12 Share something new you learnt with the family	13 Wait 10 mins in the morning before looking at your phone	14 HOLY THURSDAY Put your phone away for a couple of hours	15 GOOD FRIDAY Turn off notifications for the whole day	16 HOLY SATURDAY Say a prayer to Our Lady to accompany her

**WEDNESDAY 2 MARCH
TO THURSDAY 14 APRIL**

L LESS DISTRACTIONS

E ENGAGE WITH THOSE AROUND YOU

N NEW THINGS: STRETCH YOURSELF

T TIME FOR GOD

NOTES