

## Forty Days – Forty Items

Wednesday is the first day of Lent. We have a challenge for you! Each day of Lent, remove one item from your house that you no longer wear or need and put it into a trash bag. At the end of the forty days, donate these items to a Catholic organization. They will be shared with those who can really use them!

*Things to give up for Lent:*

Chocolate  
Social media  
Video games  
Unkind words  
Complaining  
Sarcasm  
Sugar  
Phones  
Instagram  
Facebook  
Twitter  
Texting  
Soda  
TV  
Favourite foods  
Gossip  
Road rage  
Debt (using credit cards)

*Things to Add for Lent:*

Making time for personal prayer  
with the Lord  
Going to Mass more than once a  
week  
Quiet time  
Devotionals  
Exercise  
Time with the family  
Bible stories  
Bible movies  
Tithing  
Get more sleep  
Serve someone  
Practice acts of kindness  
Speak words of life  
Create a good habit  
Read a psalm a day  
Be on time

