

A Gentle Lenten Resource for Exceptional Families

40 Ideas for Good Works and Sacrifice

7 weekly prayers for Mama and the kids

Hands-on, sensory-friendly activities based on the five senses

A fully customizable, low-pressure approach to liturgical living during Lent

Give up snacking between meals

Telling mom and dad how to drive

Listening to music in the car

Complaining about things

Only praying when you need something

Only praying when it is easy

Selfishness.
Be extra generous today

Greed.
Don't take more than your fair share. In fact, take less.

Screens.
No TV, games, or devices

Gossip.
Do not speak ill of anyone

Go for a rosary walk

Listen to the Chaplet of Divine mercy

Pray for someone who is hard to love

Do an examination of conscience for kids

Listen to Christian music during the day

Go clean your room

**Give up
the word
"can't"**

**Give up
the word
"won't"**

**Pray for
a gentle
Heart**

**Pray
St. Teresa's
Express
Novena**

**Don't
eat pizza
today**

**Don't
eat bread
today**

**Don't
eat meat
today**

**Don't
eat cheese
today**

**Skip sweet
treats**

**Don't
drink juice**

**Don't
drink soda**

**Ask your
favorite
saint
to pray
for you**

**Turn the
lights
off when you
leave
the room**

**Don't
blame
other people
when you
get in
trouble**

**Thank God
for the
beautiful
world
around you**

**Tell
a friend
how you
see God
in them**

Tell
a family
member
how
you see
God in them

Share your
faith
with someone
today

Take a
cool bath
or shower

Adopt a
seminarian
and pray
for him

Write a
thank you
note to your
Pastor

Put spare
change in
the
poor box

Give up your
favorite toy
for the day

Give up your
favorite food

Mother's Prayer Week 1: Prudence

Lord, you have made me a mother to these children. Grant me the virtue of prudence that I may be measured in my responses to their behaviors, actions, and attitudes and, in so doing, teach my children to do the same.

Children's Prayer Week 1: Prudence

Jesus, let me be careful in my choices, that they will always bring me closer to you.

Mother's Prayer Week 2: Justice

My dearest Jesus, my motherhood is neither fair nor easy. Send your Spirit to rest within me when I am tired and weary, that I may continue to work for the good in all I do.

Children's Prayer Week 2: Justice

Jesus, I know that sometimes life is not fair. Help me to be the person who looks out for the good of others, along with the good for myself.

Mother's Prayer Week 3: Fortitude

Lord, my path is troublesome. I worry so much about the children you've placed in my charge. Help me trust you fully every day in all things, so I may remember you do not make mistakes.

Children's Prayer Week 3: Fortitude

Jesus, sometimes I don't want to do what you and my parents ask of me. Help me to be courageous and persevere, even when it is hard.

Mother's Prayer Week 4: Temperance

Lord, I so often forget myself in the day to day. Appointments, therapies, meetings, meltdowns – I am so focused on the children's needs I tend to neglect my own. Help me, Lord, to approach my duties with temperance, that I will not forget my value and your love.

Children's Prayer Week 4: Temperance

Jesus, I love to have fun and be happy. Let my happiness rest in doing what is right, in the things you wish for my heart.

Mother's Prayer Week 5: Faith

**Jesus, I love you, and I know that you love me.
Increase my faith in you, O Lord, when I am
troubled, and help me instill my children with
that same trust.**

Children's Prayer Week 5: Faith

**Jesus, I believe in you. Help me to believe in
you more, every day.**

Mother's Prayer Week b: Hope

Lord, progress is so hard to see sometimes. All too often it feels like one step forward, two steps back. Keep my hope in you, dear Jesus, that I will not give up in despair.

Children's Prayer Week b: Hope

Jesus, sometimes I am tired and I worry about things. Let me always find hope in you.

Mother's Prayer Week 7: Charity

**Sometimes, Lord, it is so hard to be charitable,
not just with my children, but with myself. Help
me, O God, to be charitable to all of us, and to
see each of us the way you do in your heart.**

Children's Prayer Week 7: Charity

**Jesus, I don't always want to be kind. Change
my heart so that I will always be thoughtful
and loving.**

Taste

Make (or buy) pretzels - a traditional Lenten recipe. Taste the salt, and talk about what makes us the salt of the Earth.

Touch

Set up a home altar with a crucifix, some holy water, and a piece of religious art. Alternatively, make a crown of thorns wreath or centerpiece.

Sight

Go to your parish at a time when no mass or Adoration is offered. Take in the sights around the church; come home and discuss what you noticed.

Sound

Take a walk outside and listen to your surroundings. What do you hear? Thank God for the beauty of His creation. Go home and spend quiet time listening to Gregorian chant or the Singing Nuns.

Smell

Pick a special scented candle to light when you pray.

Wildcard

Holy Week

Walk the Stations at home, outside, or at church. Pray a tactile rosary. Wash the feet of someone you love.