

**40 Acts
of
Lenten Love
for Children**



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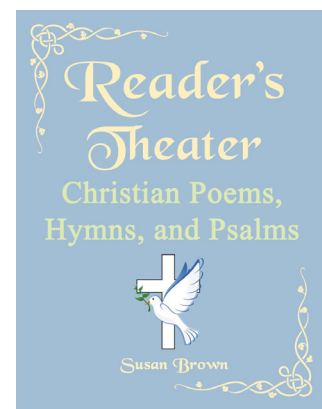
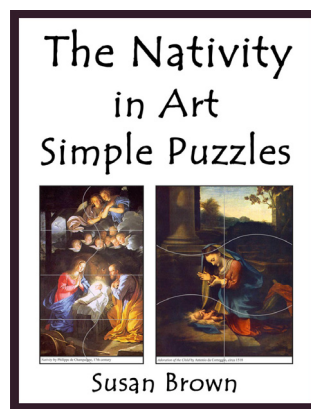
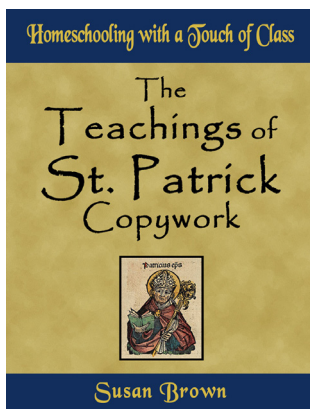
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40 Acts of Lenten Love for Children



Directions: Show your love for Jesus with these 40 Acts of Lenten Love. Beginning with Ash Wednesday, follow the instructions for each day. Take a break to rest and pray on Sundays.

Day 1: Ask the Holy Spirit to guide you this Lenten season towards loving other people as Jesus loves you.

Day 2: Offer your work to Jesus today.

Day 3: Say a prayer for the needs of the poor.

Day 4: Sing a song of love to Jesus. You can make one up or choose one that you know like a hymn.

Sunday: Day of rest and prayer.

Day 5: Animals are part of God's gift of creation. Do a kind deed to an animal or say a prayer for animals.

Day 6: Do a chore for someone else in your family as an act of kindness.

Day 7: Using polite words such as "please," "thank you," "sir," and "ma'am" is an act of love and respect. Try to make a special effort to use these words and other polite words today.

Day 8: Pray for other children in the world that they may come to know and love God.

Day 9: Thank God for the food you have because He is the provider of all.

Day 10: Read or tell a story to someone.

Sunday: Day of rest and prayer.

Day 11: Say the St. Patrick's Breastplate prayer today.

Day 12: Make a special effort to do your very best in all you do today because that is pleasing to God.

Day 13: Make a thank you card for someone in your family. You can thank this person for something he or she has done or for just being a good person.

Day 14: Find a way to praise God today through song, writing, art, or prayer.

Day 15: Draw a picture just for Jesus.

Day 16: Find some way to show mercy to another person, perhaps by forgiving or helping that person.

Sunday: Day of rest and prayer.

Day 17: Give someone a compliment today.

Day 18: Obedience to your parents is an act of love. Spend the entire day doing what your parents ask without questioning or arguing.

Day 19: Help someone learn something new.

Day 20: Ask God to help you learn all that He wants you to today.

Day 21: Tell your family that you love them today either out loud or in writing.

Day 22: Joy is one of the fruits of the spirit. Try to be joyful all day today and spread your joy to others.

Sunday: Day of rest and prayer.

Day 23: Pray for world peace.

Day 24: Do a secret act of kindness today.

Day 25: Say encouraging words to someone.

Day 26: Hug someone (or several people) today to show your love for them.

Day 27: Make a get well card for someone you know that is sick. Or make one and deliver it to a hospital.

Day 28: An apology is an act of love. If you have hurt someone, say, "I'm sorry" to that person. Otherwise, apologize to God for anything you have done to offend Him.

Sunday: Day of rest and prayer.

Day 29: Play a game or do something else fun with a sibling today with the intent to bless that person.

Day 30: Listening to others is an act of love. Try to really listen with your whole mind and heart to everyone you speak to today.

Day 31: Put together a bag of food to deliver to a needy person or to the food shelf.

Day 32: Say a prayer for the sick that they may be healed by God.

Day 33: Every person on this Earth is a gift from God. Do you look for the good in everyone you meet? Make a point of finding something (or several things) good in everyone you see today.

Day 34: Clean some part of the house for your mother today.

Sunday: Day of rest and prayer.

Day 35: Laughter is a gift from God. Try to make someone laugh today.

Day 36: Forgiveness is an act of love. Think of someone that you've been angry with and forgive him or her in your heart.

Day 37: Pray for the souls of those who have passed away.

Day 38: Find some way to be of service to another person.

Day 39: Make a thank you card to Jesus for dying on the cross for you.

Day 40: Go through your things and find something to donate to the poor.

Happy Easter! Rejoice in the love of Christ.