

For ADULTS

“LENT CHALLENGE” Get in better **“Spiritual Shape”** this Lent! Complete each of the items in the boxes below and drop your completed sheet into the raffle bin the Parish Office by Good Friday, April 10, to be eligible to win fun prizes after Easter. You may complete more than one Challenge.

Spend an hour of Eucharistic Adoration uniting yourself with Jesus in His hour of agony in the garden.	Wear a crucifix around your neck, visible for all to see, in memory of Peter’s denial of Jesus.	Refrain from saying any unkind or bad words in memory of the bitter gall Jesus tasted as He hung on the cross.	Visit someone at a local nursing home who does not receive visitors, in memory of the lonely night Jesus spent in prison.
Take a Crucifix and throughout the day, kiss the wounds of Christ, in memory of Judas’ kiss of Betrayal.	Choose one day to live in silence in your home, in memory of those who were silent when Jesus was condemned to death.	Pray for Fr. Libor and Fr. Juraj in memory of St. John, the beloved and faithful disciple.	Consciously keep your hands still & folded together as you pray, in memory of Jesus’ sacred hands being bound.
Help someone in need, in memory of Simon of Cyrene who helped Jesus carry His cross.	Go to confession in memory of the Penitent Thief on the cross.	Resolve not to lie or exaggerate at all, in memory of the “false witnesses” that were used to condemn Jesus to death.	Forgive someone who has hurt you, in memory of Jesus’ Sacred Heart being pierced with the lance.
Keep Christ’s passion in your mind throughout the day, in memory of Jesus’ sacred head being crowned with thorns.	Pray for unfaithful priests & religious, in memory of the disciples who abandoned Jesus hours after being ordained.	Choose an extra day to fast, in memory of the hunger and thirst Jesus suffered during His passion.	Give an extra donation to church or to a charity, in memory of the Hands of Jesus being nailed to the cross.
Attend Stations of the Cross, in memory of the Blessed Mother who accompanied her Son to the cross.	Resolve not to complain for one day, in memory of the Cross which Jesus bore willingly.	Say the name of ‘Jesus’ with reverence and love throughout the day, in memory of the Soldiers who mocked Him.	Visit a cemetery and pray for the souls in purgatory in memory of Jesus’ Sacred Body being laid in a tomb.

“The Lord measures out perfection neither by the multitude nor the magnitude of our deeds, but by the manner in which we perform them.” – St. John of the Cross

NAME & TELEPHONE NUMBER: _____

For ADULTS

“LENT CHALLENGE” Get in better **“Spiritual Shape”** this Lent! Complete each of the items in the boxes below and drop your completed sheet into the raffle bin the Parish Office by Good Friday, April 10, to be eligible to win fun prizes after Easter. You may complete more than one Challenge.

VISIT A CEMETERY AND PRAY FOR THE POOR SOULS IN PURGATORY	GO TO CONFESSION	MEMORIZE A VERSE OF SCRIPTURE	GIVE UP SNACKING BETWEEN MEALS FOR ONE DAY
PRAY THE CHAPLET OF DIVINE MERCY	PRAY FOR OUR DEACONS	SPEND ONE HOUR IN EUCHARISTIC ADORATION	INTRODUCE YOURSELF TO A STRANGER AND ASK IF YOU CAN PRAY FOR THEM
LISTEN TO AN AUDIO TALK ON: Www.FORMED.org Access Code: 90c575	MAKE A DONATION TO A CHARITY	FIND THREE THINGS TO BE GRATEFUL TO GOD FOR	PRAY A ROSARY FOR FR. LIBOR
PRAY A ROSARY FOR SOMEONE WHO IS DIFFICULT TO GET ALONG WITH	READ THE BIBLE FOR 10 MINUTES	PERFORM AN ACT OF KINDNESS	INTRODUCE YOURSELF TO SOMEONE AT CHURCH THAT YOU HAVEN'T MET BEFORE
WATCH A SAINT MOVIE	SEND A CARD TO SOMEONE WHO MAY FEEL FORGOTTEN	VOLUNTEER TO HELP WITH SOMETHING AT THE CHURCH	PRAY A ROSARY FOR FR. JURAJ

“Give something, however small, to the one in need. For it is not small to one who has nothing. Neither is it small to God, if we have given what we could.” -St. Gregory Nazianzen

NAME & TELEPHONE NUMBER: _____

For CHILDREN

“LENT CHALLENGE” Get in better **“Spiritual Shape”** this Lent! Complete each of the items in the boxes below and drop your completed sheet into the raffle bin the Parish Office by Good Friday, April 10, to be eligible to win fun prizes after Easter. You may complete more than one Challenge.

PRAY ONE DECADE OF THE ROSARY FOR YOUR TEACHERS	PRAY AN OUR FATHER, HAIL MARY, & GLORY BE, FOR THE POPE	READ ABOUT A SPECIAL SAINT	GIVE UP SNACKING BETWEEN MEALS FOR ONE DAY
PRAY TO YOUR GUARDIAN ANGEL	PRAY ONE DECADE OF THE ROSARY FOR YOUR PARENTS	MAKE YOUR BED WITHOUT BEING ASKED	DO SOMETHING NICE FOR A FAMILY MEMBER
INTRODUCE YOURSELF TO SOMEONE NEW	PERFORM AN ACT OF KINDNESS	FIND THREE THINGS TO BE GRATEFUL TO GOD FOR	PRAY ONE DECADE OF THE ROSARY FOR FR. LIBOR
DON'T EAT ANY SWEETS FOR ONE DAY	DO SOMETHING NICE FOR A NEIGHBOR	PRAY 1 DECADE OF THE ROSARY FOR SOMEONE WHO HAS BEEN MEAN TO YOU	DONATE A TOY TO A CHARITY FOR SOMEONE LESS FORTUNATE
PUT YOUR CLOTHES AWAY WITHOUT BEING ASKED	PRAY ONE DECADE OF THE ROSARY FOR FR. JURAJ	MAKE A VISIT TO JESUS AT CHURCH	EAT <u>ALL</u> YOUR DINNER WITHOUT COMPLAINING

"Nothing great is ever achieved without much enduring."

– St. Catherine of Siena

NAME & TELEPHONE NUMBER: _____

For TEENS

“LENT CHALLENGE” Get in better **“Spiritual Shape”** this Lent! Complete each of the items in the boxes below and drop your completed sheet into the raffle bin the Parish Office by Good Friday, April 10, to be eligible to win fun prizes after Easter. You may complete more than one Challenge.

PRAY ONE DECADE OF THE ROSARY FOR YOUR TEACHERS	GIVE UP SNACKING BETWEEN MEALS FOR ONE DAY	READ ABOUT A SPECIAL SAINT	GIVE UP TECHNOLOGY FOR ONE DAY
PRAY TO YOUR GUARDIAN ANGEL	PRAY A ROSARY FOR YOUR PARENTS	CLEAN THE KITCHEN AFTER A BIG MEAL WITHOUT BEING ASKED	DO SOMETHING NICE FOR A FAMILY MEMBER
INTRUDUCE YOURSELF TO SOMEONE NEW AND ASK TO PRAY WITH THEM	PERFORM AN ACT OF KINDNESS	FIND THREE THINGS TO BE GRATEFUL TO GOD FOR	PRAY A ROSARY FOR FR. LIBOR
REFRAIN FROM ALL BEVERAGES EXCEPT WATER BETWEEN MEALS FOR ONE DAY	GO TO CONFESSION	PRAY 1 DECADE OF THE ROSARY FOR SOMEONE WHO HAS BEEN MEAN TO YOU	DO SOMETHING NICE FOR SOMEONE LESS FORTUNATE
CLEAN YOUR BEDROOM WITHOUT BEING ASKED	PRAY A ROSARY FOR FR. JURAJ	MAKE A VISIT TO JESUS AT CHURCH	WATCH A SAINT MOVIE ON: www.FORMED.org Access Code: 90c575

"And he said to all: If any man will come after me, let him deny himself, and take up his cross daily, and follow me" - Luke 9:23

NAME & TELEPHONE NUMBER: _____