

## Lenten Resolutions

I \_\_\_\_\_ resolve to keep the following Lenten resolutions:

### 1. Prayer:

	Daily Rosary	Pray Before Every Meal
WHAT:	Daily Divine Mercy	Morning Prayer
	Decade of the Rosary	Go to Mass
HOW MUCH:	Reading the New Testament	Honor 3 PM
	Reading a Psalm	Repeat "Jesus I Trust in You"
	Visit Jesus in the Chapel	7 Sorrows of Mary
WHEN:	Carry a Picture or Statue	3 Hail Mary's Devotion
	Memorize a New Prayer	

### 2. Mortification & Discipline (*Fasting*)

	Drink Water	Exercise / Walk / Run / Lift
WHAT:	Eat Only Real Food	Cold or Room Temp Shower
	No Sugar or Processed Food	No Pillow
HOW MUCH:	Eat Vegetables and Fruit	Stop Eating When Not Hungry
	The Heroic Minute	No Snacking Between Meals
WHEN:	Go To Bed At:	Good Posture
	Wake Up At:	Stop Cursing

### 3. Detachment from the World (*Almsgiving*)

	Feed the Poor	Donate Clothes
WHAT:	Catholic Podcasts	Call Family Members
	Catholic Music	No Device After 8 pm
HOW MUCH:	Holy Background on Tech	Write a Letter or Thank You
	Catholic Youtube	No Screen While Eating
WHEN:	Cut Out Worldly Music	No Screens - Only Audio
	Cut Out or Limit Social Media	Gray Scale or Inverted Tech