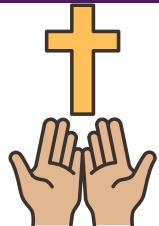


Lent Activity Cards

Pray Fast Give

PRAY



Pray for patience
& practice it

PRAY



Pray for a heart
that forgives 70 X 7 times

PRAY



Pray as a family
before bed

PRAY

PRay

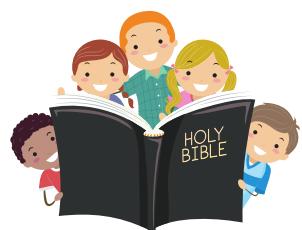
Pray for your enemy

PRAY



Pray by taking a walk

PRAY



Pray by reading a
bible story

Lent Activity Cards

Pray Fast Give

PRAY



Pray for others by name

PRAY



Pray the Our Father using hand gestures-no words

PRAY



Pray in thanksgiving - say thanks to God all day

PRAY



Pray in quiet - listen with your heart

PRAY



Pray in nature

PRAY



Pray for your teachers and helpers

Lent Activity Cards

Pray Fast Give

PRAY



Pray for Hope & those
who feel hopeless

PRAY



Pray for those who are
sad or hurting

FAST



Fast from spending
money

FAST



Fast from music

FAST



Fast from Netflix, Hulu,
Disney+, etc.

FAST



Fast from snacks

Lent Activity Cards

Pray Fast Give

FAST



Fast from comparing yourself to others

FAST



Fast from mean words or gossip

FAST



Fast from favorite foods

FAST



Fast from being lazy

FAST



Fast from complaining

FAST



Fast from judging

Lent Activity Cards

Pray Fast Give

FAST



Fast from arguing

FAST



Fast from being negative

FAST



Fast from devices

GIVE



Give a hug or 2

GIVE



Give someone your time

GIVE



Give three compliments today

Lent Activity Cards

Pray Fast Give

GIVE



Give cookies with a nice note

GIVE



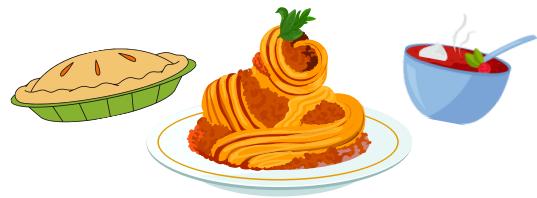
Give a corporal work of mercy

GIVE



Give a car kit to someone in need

GIVE



Give -take dinner to a someone who is alone

GIVE



Give- do something nice for your mom, dad, or grandma

GIVE



Give