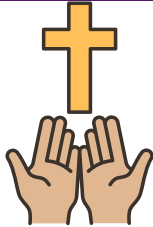


# Lent Activity Cards

## 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**



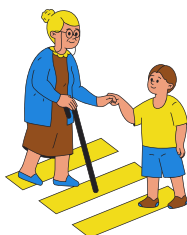
Fast from devices

**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**



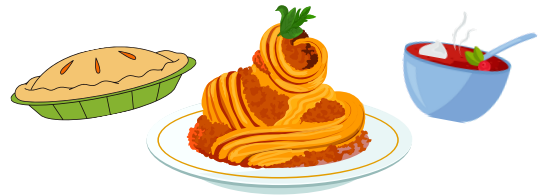
Give a corporal work of mercy

**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