

24. Find a form of fasting that is appropriate for you, given your age, state of health, and state of life.

25. Some cut out all snacks between meals. The money saved from not buying various things should be given to an apostolate or ministry serving the physically or spiritually poor.

26. Prayer is like breathing – you have to do it continually. But sometimes you need to pause.

27. Find a written biography of a Saint that particularly appeals to you, and read it during Lent.

28. Instead of secular DVDs for weekend entertainment, try some DVDs that will enrich your spiritual life.

29. While driving, turn off the radio for awhile and use commute time to listen to some teaching on audiocassette or CD.

30. Visit someone at a nursing home or in the hospital or sick at home. Again, love Jesus in and through the suffering person.

31. Is there a widow or divorced person living in your neighbourhood? If so, invite that person to your home for dinner, coffee, etc.

32. View Mel Gibson's movie The Passion of the Christ during Lent on VHS or DVD,

33. Spend some focused time with your spouse, strengthening your marriage. Start praying together, or make praying more frequent.

34. Spend some focused time together with each of your children. Listen. Pray.

35. Telephone a family member that you haven't seen in a long time and meet up with them.

36. Make sure that you say an evening and morning prayer every night of the week. The morning prayer is the key to the day, the evening prayer is the lock for the night.

37. Make Good Friday a really special day, where you prove your love for Jesus Christ, who gave his life for you.

38. Make sure that you attend the Easter Vigil, which is the most important Mass of the whole year.

39. Invite someone who hasn't been to Mass for a long time and ask them to come to the Easter Sunday Mass.

40. Make Lent a time for forgiveness. Forgive anyone who has hurt you, and learn to forgive yourself.



### Prayer for Lent

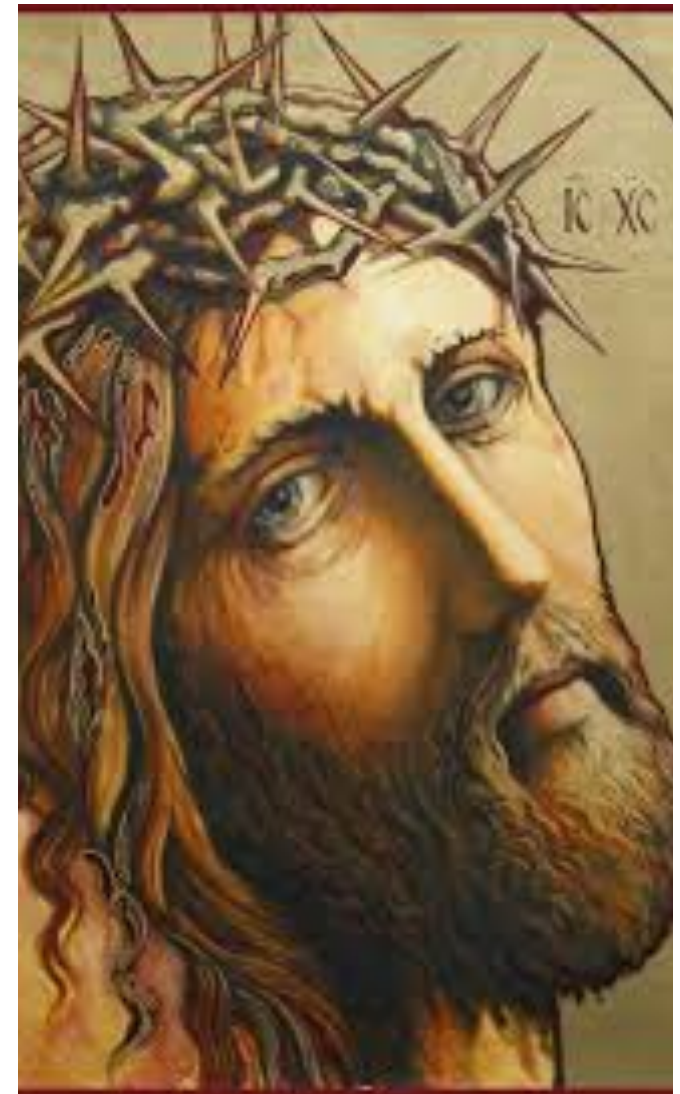
**Almighty and Everlasting God  
You have given the human race  
Jesus Christ, our Saviour as a model of humility.  
He fulfilled Your Will by becoming Man  
And giving His life on the Cross.  
Help us to bear witness to You  
By following His example of suffering  
And make us worthy to share in His Resurrection.  
We ask this through our Lord Jesus Christ,  
Your Son. Amen.**

**Our Father...**

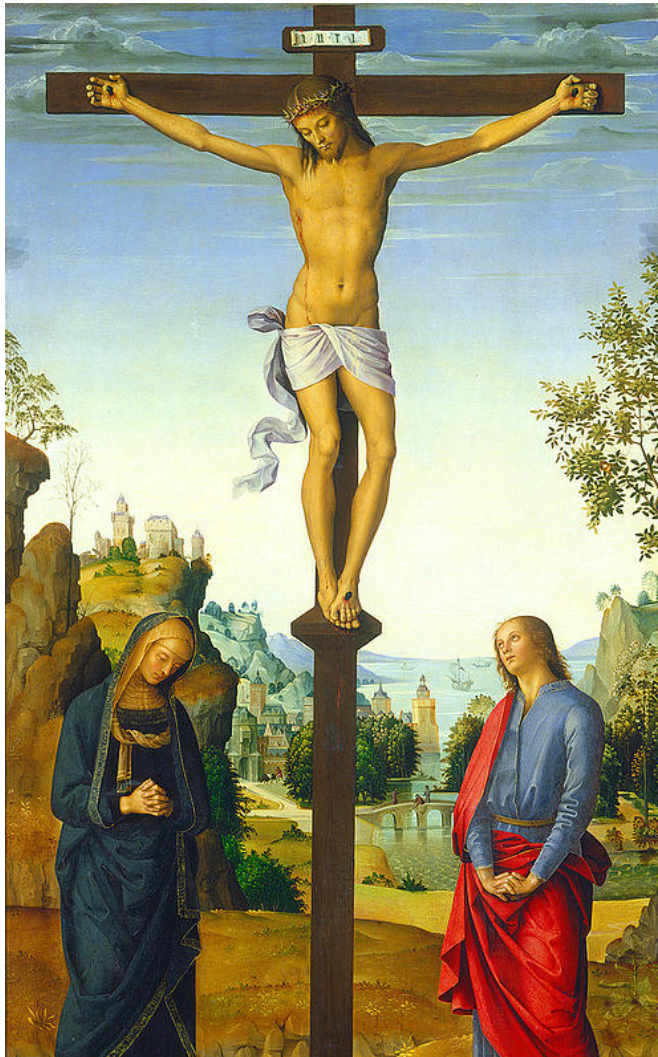
**Mary, Mother of Jesus,  
you were Jesus' gift for us from the Cross.  
He gave you to us as our Mother.  
Intercede for all our needs.  
Hail Mary...  
Glory Be...**

# 40 Ways to get more out of Lent

**St Peter in Chains Parish | Ardrossan  
St Bride's | West Kilbride**



Have a look at the list. If you don't have a Lenten Resolution, maybe this List can help you get the most out of Lent.



1. Get up earlier than anyone else in your house and spend your first 15 minutes of the day thanking God for the gift of life and offering your day to Him.
2. Get to daily Mass.
3. If you can't do Mass daily, go to Mass on Fridays in addition to Sundays and thank the Lord for laying his life down for you. Maybe you can go another time or two as well.
4. Spend some time in Eucharistic Adoration at least one time during the week.
5. Recover the Catholic tradition of making frequent visits to the Blessed Sacrament throughout the week, even if it is only for five minutes.
6. Get to Confession at least once during Lent after making a good examination of conscience. If you are not sure why confession is important, get the leaflet in the Sacristy.
7. Make a decision to read at least some Scripture every day. Starting with today's.
8. Even if you can't get to daily Mass, get a daily Catholic Missal or go online to get a list of the readings used each day in Mass, and read these readings daily.
9. Pray the Liturgy of the Hours. You can buy a one volume edition or a full four volume edition. Or you can get it day by day online for free at [www.universalis.com](http://www.universalis.com).
10. Get to know the saints of the Church and read about their lives to inspire your life today.
11. Make the Stations of the Cross each Tuesday here in Church or Friday either with a group or by yourself. If you have children, bring them, if you can.
12. Pray the Sorrowful Mysteries of the Rosary often during Lent, especially on Fridays and Wednesdays. The Glorious Mysteries are especially appropriate on Sundays. Joyful and Luminous mysteries are great on other days.
13. If you've never done a family rosary, begin doing it. If starting with once a week, try Friday or Sunday. If it's tough to start with a full five decades, try starting with one.
14. Make it a habit to stop at least five times a day, raise your heart and mind to God, and say a short prayer such as "Jesus, I love you," or "Lord Jesus Christ, Son of God, have mercy on me, a sinner," or "Lord, I offer it up for you."
15. Pray each day for the intentions and health of the Holy Father, Pope Francis.
16. Pray each day for our bishop and all the bishops of the Catholic Church.
17. Pray for your priests and deacons.
18. Pray for the millions of Christians suffering under persecution in various Muslim and Communist countries around the world such as the Sudan, Pakistan, Indonesia, China, Vietnam, and North Korea.
19. Pray for Christian unity, that there would be one flock and one shepherd.
20. Pray for the evangelization of all those who have not yet heard and accepted the Good News about Jesus.
21. Pray for your enemies. In fact, think of the person who has most hurt you or who most annoys you and spend several minutes each day thanking God for that person and asking God to bless him or her.
22. Pray for an end to abortion in our country. Pray for pregnant women contemplating abortion that they may have all the love and support they need.
23. Pray for a just peace in Iraq, Syria, Afghanistan, the Holy Land and elsewhere. Pray for our troops and for others in harm's way.