

The Lenten Calendar For Children

This calendar has a little activity for every day of Lent- some little mortification or prayer or other little way to grow in virtue.

Besides what you see on the calendar, it is also a good idea to do one or two things through all of Lent. Some people like to give up chocolate or other candy, or chips, for example. It is also good to say an extra prayer every day.

As you will see, however, the Sundays of Lent don't really count. There are forty days without the Sundays! Every Sunday is like a mini Easter, which means that if you're giving up something good for Lent you can still have it on Sundays.

Ash Wednesday



- Give some money to the poor or share your toys.
- Pray that God will help you make a good Lent.
- Give up something you like to eat. 1

Thursday

At the Last Supper Jesus told His disciples that he loved them.

- Help with the dishes without being asked out of love of God and your family. 2

Friday

Jesus offered His Body and Blood as a sacrifice in payment for our sins.

- Give up a bit extra food as a sacrifice to Jesus. 3



Saturday

Pray to Our Lady

Hail Mary, full of grace! The Lord is with thee. Blessed art thou among women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen. 4



Fifth Week

Sunday

Jesus raised his friend Lazarus from the dead.

- Pray for the souls in Purgatory:

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed rest in peace. Amen.



Monday

Jesus willingly took up the cross.

- Ask Mom or Dad for a hard job and do it!



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Tuesday

Jesus fell three times while carrying His cross.

- Pray for someone who is sick. Visit them if you can. 30



Wednesday

Simon of Cyrene was made to help Jesus carry the cross because Jesus was too weak.

- Help one of your parents or siblings with their work today. 31

Thursday

The crowds of people watched Jesus carrying the cross.

- Talk with a friend or brother or sister about Jesus carrying the cross. 32

Friday

The women of Jerusalem wept for Jesus, Who consoled them.



- Pray for mothers who are expecting babies. 33

Saturday

Jesus and His Mother met on His way to Calvary.

- Find a picture of Our Lady of Sorrows and look at it for a minute or else draw one. 34