

LENT- 7 DAY CHALLENGE

Rather than giving up 1 THING for the 40 DAYS of Lent, how about taking on 7 PERSONAL CHALLENGES, 1 for every day of the week. Each challenge will STRETCH you to in a different direction, HELPING YOU with your preparation for EASTER.

Day	Focus	Task
Monday Day 1	Donation	Create a no spend day, instead give the cost of one day as a donation to a charity or ministry
Tuesday Day 2	Silence	Spend a period of time in reflective silence, try at least 30 minutes without doing other tasks.
Wednesday Day 3	Scripture	Read one chapter from a book of the bible. Perhaps team with a friend to read the same chapter.
Thursday Day 4	Study	Expand your thinking by taking up at least 30 minutes of study in a topic of your choice.
Friday Day 5	Fasting	Give up a favourite food for the daylight hours. Pray for those who go without food every day.
Saturday Day 6	Service	Spend a period of time in service or visitation
Sunday Day 7	Worship	Get involved with your faith community through worship, prayer or ministry

www.brokenbay.catholic.org/youth

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