

“Oh, my God, I am heartily sorry for having offended thee.”

— “Act of Contrition”

Kids: Hang a Lent Promise on Every Door

Lent isn't just about “giving up,” but also about “giving more.”

You and your family can promise to pray more and to find ways to give more to others as part of your Lenten practice.

Promises can add or subtract from family or personal routines. Add a prayer. Subtract a dessert. Add a visit to a nursing home. Subtract some television time. There are lots of ways to repent through these Lenten practices.

Penance is a part of Lent. You may want to say prayers as a way of repenting for your sins, but you may also want to do (or stop doing) something else.

Giving of your time and talent to help others can be a good way to use the time before Easter to prepare to greet the risen Lord.

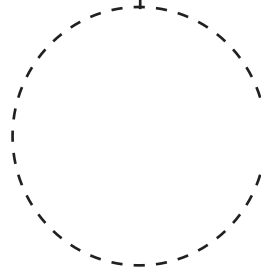
When everyone has come up with an idea for a Lenten promise, make copies of the door hanger on this page. Write your promises on the lines.

Color the pictures, or paste a picture of yourself over the boy or the girl.

Carefully cut around the door hanger. You may need adult help. Then cut along the dotted lines at the top and cut out the circle.

Hang your reminders on doors around your home. Every time you enter or leave a room, you'll be reminded of the promises you made.

Remember, every day won't be perfect. When you miss a prayer or forget what you plan to give (or give up), you can just start again the next day.



My Lent Promises

I will give up _____

_____ •

I will give to others

_____ •

I will pray _____

_____ •