

EUCARISTIC LENTEN CHALLENGE

Now is a good time to make concrete resolutions towards a meritorious Lent.

Prayerfully ponder ways to grow in love of God and your relationship with Him and what improvements you might make in your spiritual life.

What can you do this Lent to foster and deepen your desire and efforts for the salvation of souls?

See this as your last Lent. Practise discipline and mortification. Make resolutions.

Ideas for Prayer, Reparation & Penance:

- **Attend daily Mass in person** (or virtually if you are shut in)
- **Make frequent visits to your local Eucharistic adoration chapel and to the Blessed Sacrament**
- Be more faithful to or increase your current holy hours
- Sign-up for a weekly holy hour at a nearby parish
- Have a Eucharistic Adoration sign-up at your parish (you are welcome to contact us if you would like any assistance)
- Make Acts of Spiritual Communion during the day
- Invite or bring someone to Mass/Divine Liturgy or adoration
- Volunteer to become an adoration coordinator at your parish
- Do little things well and with great love
- Every day pick a different soul (i.e. in your family tree) or let Our Lady or St. Joseph pick one. Do your best to obtain a Plenary Indulgence for their release from Purgatory (i.e. half an hour before the Blessed Sacrament and/or reading scripture, Stations of the Cross, public Rosary, etc.)
- Note: in order to obtain a daily Plenary Indulgence to free a soul from Purgatory or for oneself, the [Enchiridion of Indulgences](#) stated Confession within “several days” before or after the performance of the indulged work is sufficient to gain a daily Plenary indulgence. As to what the “several days” meant in actual numbers, the Church didn’t stipulate it. The common understanding became a week. However, in 2005, the Apostolic Penitentiary stated that Confession is required “about twenty days before or after the indulged work” cf. [Norm of Confession for Gaining a Plenary Indulgence | EWTN](#)
- Commit to going to frequent or regular Confession i.e. weekly, bi-weekly, or monthly – choose a particular point or defect to overcome with a corresponding virtue to practise each month. Theological virtues: faith, hope, charity. Cardinal virtues: prudence, justice, temperance and fortitude. The Seven Capital Virtues: humility, generosity, chastity, meekness, temperance, brotherly love, diligence. Practise cheerfulness, politeness, courtesy, patience, thankfulness.
- Avoid sinning and repent of sinful habits
- Improve or begin the habit of making a daily Examination of Conscience followed by an Act of Contrition. This does not have to be done right before bed if you are too tired, but you might prefer

to pick an earlier regular time each day that works for you and stick to it i.e. right after praying a daily rosary

- Pray the Divine Office (i.e., Morning, Evening, Night prayer, Office of the Readings) alone or with someone
- Pray the Rosary or more rosaries alone or with a friend
- Pray the Divine Mercy Chaplet in reparation for sin
- Commit one daily act of either a spiritual or corporal work of mercy for either someone who has been harmed by our sin or who has harmed us by their sin (e.g., call a shut-in to check on them)
- Commit to fasting (e.g., limit intake or go without) and abstinence throughout Lent (e.g., abstain from unhealthy/junk food, processed food, sweets, refined sugar/foods, pop, caffeine, fast food, meat etc.) Fasting packs a powerful punch to your Lenten regime. Fast on bread and water on Wednesday and Fridays "if you can" - otherwise avoid eating meat. You might consider limiting yourself to eating meat at one meal only on the days you plan to have it; or removing meat completely from your diet during Lent
- Commit to a prescribed time of half an hour to an hour of daily physical exercise based on one's abilities – the Rosary and Chaplet of Divine Mercy could be prayed while exercising
- Limit or refrain from the use of social media, the Internet, and TV (exceptions could be programs with religious devotions, retreats etc.) Replace the time you would usually spend on these with spiritual reading (e.g., an hour a week on Sundays or 15 minutes to half an hour daily). Read a full Gospel during Lent
- Bless yourself, your family and your residence with holy water at bedtime and bless children before the go to school
- Do your daily duties more diligently, without complaint and with a smile. Praise God throughout the day
- Daily offer up the little inconveniences, prayers and sacrifices for the salvation and sanctification of souls and for the release of the souls in purgatory
- Practice almsgiving
- Pray Litanies
- Improve your emergency preparedness
- Arrive half an hour before Mass to adore Christ and pray the Rosary. Remain half an hour after Mass in adoration or to make the Stations of the Cross

"In His anguish He prayed even more earnestly, and His sweat fell to the ground like great drops of blood."
(Luke 22:44)

Jesus gave His all for us; let's give Him our best efforts this Lent.

Choose specific Lenten resolutions.

Print, write or keep a copy of this checklist or make your own, so you can refer to it often.

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