**St. Peter Catholic Church-Monument, CO**

**Daily Lenten Practices for Spiritual Renewal**

**February 22· Set aside 15 minutes** where you sit in complete silence waiting on His Word.

**February 23· Calling for Reconciliation**: Get in touch with that one person who hurt you. Make amends this Lent.

**February 24· Give freely**: Support a parish in Ukraine.

**February 25· Family First**: This Lenten season, commit to going for Sunday Mass together as a family.

**February 26· Be smarter than your phone**: Try limiting the use of electronic devices. Actively communicate with your family. ‘Face-time’ with them in real time.

**February 27·** **Adore**: Spend more time before the Blessed Sacrament.

**February 28· Be a helping hand**: Make time today to do chores for someone else.

**March 1· Give compliments**: Avoid being judgmental and critical. Genuinely compliment and encourage each person you speak to today.

**March 2· Right a wrong**: Today, try and fix a mistake you once made. It could mean doing something nice for someone your hurt, paying back for something you accidently broke or anything that comes to mind.

**March 3· Visit with love**: Call a housebound relative or neighbor and set an appointment to meet them during the week. This task is only complete when you follow up and ‘be there.’

**March 4· Feed the hungry**: Pack an extra sandwich or some cash and hand it to someone in need.

**March 5· Listen with your heart**: Speak to someone you know is going through a rough time. If you can’t help them, at least let them know you care.

**March 6· Save fuel**: Reduce your carbon footprint today by sharing a ride, taking the stairs and walking short distances.

**March 7· Care for Her**: As you whisper a prayer for all the women in your life, call those you can and let them know why you are grateful.

**March 8· Stop swearing**: Today, let’s make it our mission not to use any abusive language or bad words.

**March 9· Tune in to Catholic Channels**: Spend some time reflecting on a YouTube video prepared by a Catholic priest, or organization. You just might find the answer you seek.

**March 10· Joke’s on you**: Treat with respect the one person your group always pokes fun at. Do not belittle anyone, instead build them up.

**Marc 11· Catch up**: Pick a challenge you missed and give it a go today. If you’ve been faithful all along, we urge you to pick a random one and give that a shot again.

**March 12· Pray it, don’t say it**: Spend time carefully reflecting on each word of your daily prayers.

**March 13· Care and comfort**: Whether it’s by giving them a listening ear or taking them out for a meal, reach out to someone who’s trying to cope with the loss of a loved one and show them you care.

**March 14· Family Ties**: Gather your family and read a chapter of the Bible together. Discuss it. If you already practice this consider watching a faith-based movie together.

**March 15· Power saver on**: Do a little more to save electricity today. Switch off lights, PCs and chargers when not in use.

**March 16· Abstain** from something that is “dear” and offer it is a sacrifice for someone in-need.

**March 17· Delve into Spiritual Reading** other than the Bible.

**March 18· Eye Cleanse**: Do not download or react to any messages that are explicit in nature. Keep away from obscene jokes and videos.

**March 19· Avoid food wastage**: Eat leftovers. Buy or cook just as much as you need. Do not throw away food. Creatively recycle.

**March 20· Gift faith**: Gift a Catholic Child, something that teaches the faith. It could be a Biblical coloring book, a rosary or even a scapular.

**March 21· Long Distance Connection**: Get in touch with someone who has moved away from their home for work or studies and let them know you are thinking about them.

**March 22· Learn by heart**, some verses of the Bible and make it a personal prayer

**March 23· Honest introspection**: Let’s take an honest look at ourselves and write down our faults as we humbly acknowledge our mistakes while asking for God’s pardon.

**March 24· Make your best Confession yet**: Be true to yourself, be bold enough to humbly admit your worst and open your heart to God’s mercy and grace.

**March 25· Secret Surprise**: Surprise a homebound person by paying them a visit or dropping off some goodies at their home.

**March 26· Upcycle**: Give an old pair of clothes or container you have lying around a new life. Google ways to upcycle clothes, bottles etc. and commit to working on at least one project.

**March 27· Bring a person**(s) closer to Christ/Church

**March 28· Be like Simon of Cyrene**: Encourage your friends to grow in faith by inviting them to a prayerful event.

**March 29· Respectfully yours**: Put aside your criticism and thank you Animators, Councilors, Priests and all those who give time to build the Church.

**March 30· Clean Up**: Declutter, pick up after yourself and do something to clean up around you.

**March 31· A difficult smile**: Know someone who finds it hard to laugh? Make it your mission to bring a smile to their face today.

**April 1· Save water**: Don’t leave the water running while, shaving, brushing, bathing and scrubbing dishes. Find and implement other creative ways to save water.

**April 2· Help the homebound or sick**: Help a homebound person attend the Holy Week Services, or spend a while with them each day telling them about the service in church.

**April 3· Humble yourself**: Today take a moment to do something nice for your maid, the one who collects your garbage, or anyone whose service is usually unnoticed

**April 4· Pray for the departed**: Pray for those who are no longer with us and entrust them to the loving arms of our Heavenly Father.

**April 5· Evaluate** your Lenten Life for at least 10 minutes.