

Discuss with your family & your priest

Goals for Great Lent

Keep this list in a prominent place to remind you of your goals.

Dietary Abstinence: _____

Bible reading: _____

Spiritual reading: _____

Extra services I will attend: _____

When will I go to Confession? _____

With whom do I need to reconcile? _____

How will I help those in need? _____

From what media will I unplug? _____

What sin will I try to overcome? _____

How will I grow in prayer? _____

How will I create stillness? _____

How many prostrations each day? _____

Whom will I invite to Holy Week services? _____

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LENT



Icon by: K. Tikhomirova

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