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:
With whom do I need to reconcile?
When will I go to Confession?
How will I help those in need?
From what media will I unplug?
What virtue will I try to cultivate?
How will I grow in prayer?
How will I create stillness?
How many prostrations each day?
What decision or purchase will I postpone?
Whom will I invite to Holy Week services?
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