



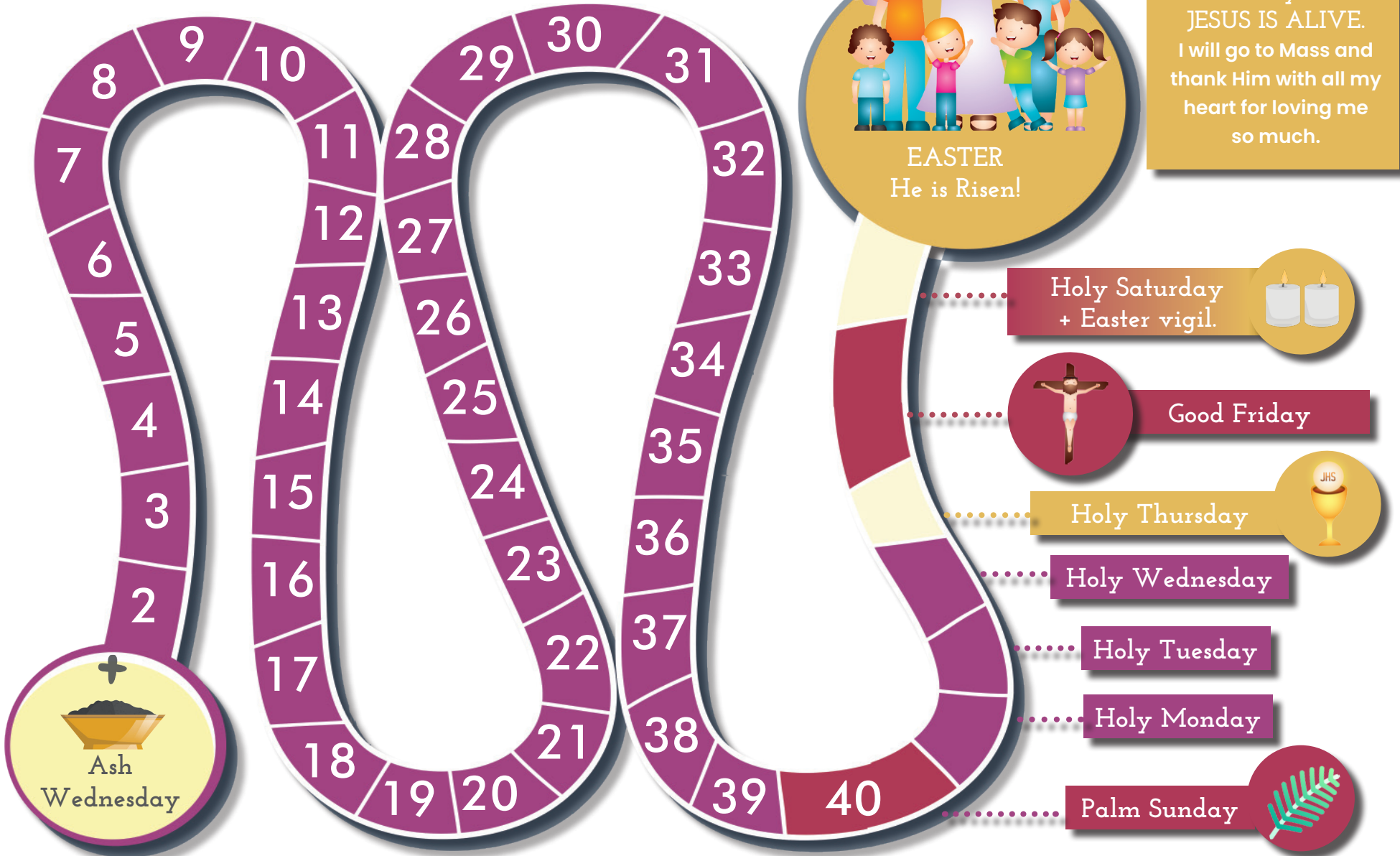
# Lenten + Holy Week 2024

Pope Francis has declared 2024 as the year of prayer. In this Lent, in which we are invited to convert and be closer to Jesus every day, we put the focus on prayer, without forgetting fasting and almsgiving.



**EASTER**  
He is Risen!

Today is the most important day of the year!  
**JESUS IS ALIVE.**  
I will go to Mass and thank Him with all my heart for loving me so much.



## I'll prepare my heart

During each day of Lent I will do one (or more) good acts and prepare my heart to make it more like Him.



- 1. Wednesday, February 14.** Today I will fast from complaints. I will also eat whatever my parents give me to eat.
- 2. Thursday, February 15.** I will ask my parents to take me to visit the tabernacle.
- 3. Friday, February 16.** I will volunteer at school to help the teachers.
- 4. Saturday, February 17.** I will fast from watching TV, or from looking / scrolling through my cell phone.
- 5. Sunday, February 18.** I will pay close attention at Mass.
- 6. Monday, February 19.** I will help prepare dinner for my parents.
- 7. Tuesday, February 20.** I will tell a friend about Jesus.
- 8. Wednesday, February 21.** I will ask my parents not to buy candy during Lent. Instead, I would like to give this money to the poor.
- 9. Thursday, February 22.** I will help clear the table and/or wash the dishes.
- 10. Friday, February 23.** I will look for the saint celebrated today.
- 11. Saturday 24 February.** I will fast from anger all day.
- 12. Sunday, February 25.** I will ask my parents to stay 5 more minutes with Jesus in the tabernacle after Mass.
- 13. Monday February 26.** I will offer to make a bed for someone in the house.
- 14. Tuesday, February 27.** I will tell my parents not to buy snacks, and that the money we save will be donated to the poor.
- 15. Wednesday, February 28.** I will ask my parents to call the grandparents, just to tell them we love them.
- 16. Thursday, February 29th.** In my prayers, I will thank the Virgin Mary for loving me very much.

- 17. Friday, March 1.** I will research which saint we celebrate today.
- 18. Saturday, March 2.** I will ask my parents to read today's gospel-"The Prodigal's Son".
- 19. Sunday, March 3.** I will pray that my heart will also be the temple where Jesus lives.
- 20. Monday, March 4.** I will fast from bad moods and try to be happy all day.
- 21. Tuesday, March 5.** I will offer to take out the garbage, before I am asked to do so.
- 22. Wednesday, March 6.** Every time I remember Jesus I will tell Him that I love Him with all my heart.
- 23. Thursday, March 7.** I will invite a friend to come to catechesis.
- 24. Friday, March 8.** I will eat whatever my parents give me to eat, even if I don't like it.
- 25. Saturday, March 9.** I will ask my parents to watch a movie about Jesus.
- 26. Sunday, March 10.** Before going to Mass, I will ask my parents to read the day's gospel.
- 27. Monday, March 11.** I will be kind to everyone.
- 28. Tuesday, March 12.** I will fast from anger.
- 29. Wednesday, March 13.** I will offer to help a teacher.
- 30. Thursday, March 14.** I will do research on St. John the Baptist.
- 31. Friday, March 15.** I will fast from watching TV, or from looking/scrolling through my cell phone.
- 32. Saturday, March 16.** I will tell one of my parents that today, with a smile, I will do everything, he/she wants me to do.
- 33. Sunday, March 17.** During the Consecration, I will ask Jesus to help me make my heart love as He loves.
- 34. Monday, March 18.** I will pray a mystery (ten Hail

Marys) for people who are alone.

- 35. Tuesday, March 19.** I will do research on St. Joseph. I will ask him to take care of my dad.
- 36. Wednesday, March 20.** I will fast from watching TV, or from looking/scrolling through my cell phone.
- 37. Thursday, March 21.** I will let myself win once at playground time.
- 38. Friday, March 22.** I will volunteer at home to fold the whole family's socks.
- 39. Saturday, March 23.** I will research what the word Easter means.

## HOLY WEEK

During Holy Week, I will ask my parents ,  
if we can go to different parish activities, in  
order to reflect on the following two amazing  
statements about Jesus:

1. He has such immense love for me.
2. He gave His life up for me ♡

