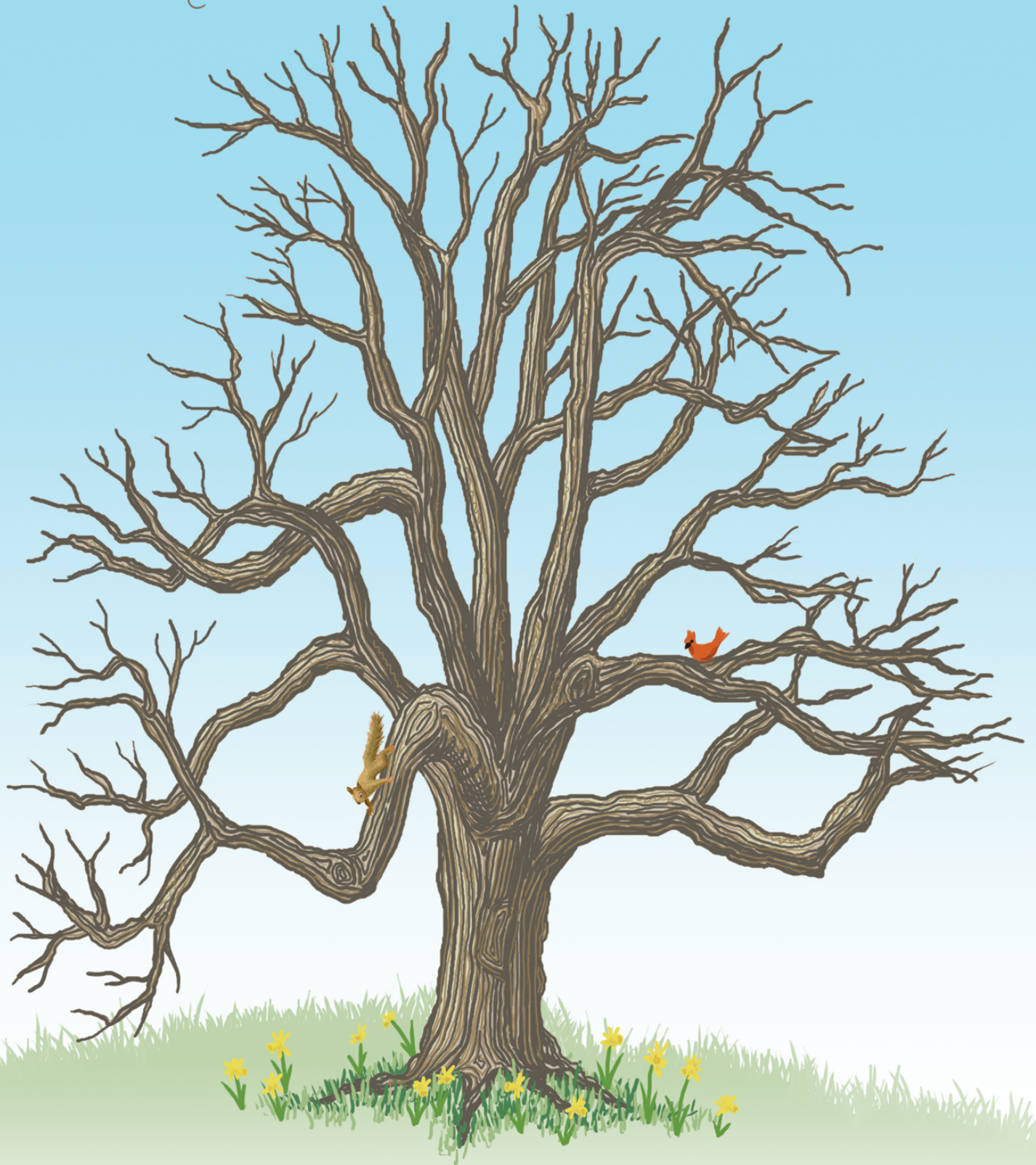


Lenten Sacrifice Tree



Forty Sacrifices

- † Say a Hail Mary, Our Father and Glory Be.
- † Participate in the Stations of the Cross.
- † Read the Bible for 15 minutes.
- † Ask your Guardian Angel to help you think of a good sacrifice. Do it, even if it's hard.
- † Pray the Rosary.
- † Help your mother without being asked.
- † Pick up seven things and put them where they belong.
- † Visit Jesus in the Blessed Sacrament.
- † Give up a treat.
- † Tell a brother or sister something you like about them.
- † Secretly do someone else's chore.
- † Pray for five minutes for those people who need God's mercy the most.
- † Find something that needs to be cleaned and clean it.
- † Put some money in the poor box at church.
- † Write a secret note about how much you love someone and give it to that person.
- † Watch your family until you see someone who needs help and help them.
- † Pray for your priest for five minutes.
- † Go to Mass on a weekday.
- † Read a book to your little brother or sister.
- † Go to Adoration.
- † Clean out the car without getting caught.
- † Do the next icky thing you have to do with a smile.
- † Share something that you don't want to share.
- † Give up snacks for a day.
- † Do something nice for Dad when he gets home from work.
- † Clean up someone else's mess.
- † Pray for the intentions of the Pope for five minutes.
- † Think of someone you know who doesn't love God yet and pray that they will soon. Put a rubber band around your wrist to remind you to pray for that person all day.
- † Do your next chore better than you've ever done it before. Pray while you're doing it.
- † Go to Confession.
- † Bake a loaf of bread and take it to an elderly person on your block.
- † Have your least favorite cereal for breakfast.
- † Don't watch TV for one day.
- † Straighten up a bookshelf or a messy drawer.
- † Pray the Chaplet of Divine Mercy.
- † Look at a picture of Jesus on the cross. Pretend that you are standing with Him. Tell Him thank you. Tell Him you love Him. Tell Him you're sorry for your sins.
- † Take the smallest cookie or cinnamon roll.
- † Make someone else's bed.
- † Switch all your beverages to water for one day.
- † Switch one of your meals to just bread.
- † Pray for your Deacon for five minutes.

