

SEARCH YOUR HEART

Praying and abstaining are actions that characterize the Lenten season. Abstaining means "going without." What are some bad habits or wrongful actions you can "go without?" Prayerfully consider the following suggestions, as well as searching your own heart:

I can abstain from:

Gossip
Put-downs
Swearing
Greed
Lying
Talking back
Laziness
Selfishness

Write your own abstinence(s) within the cross. Cut it out or copy it and place it where it will serve as a reminder of your Lenten promise.

