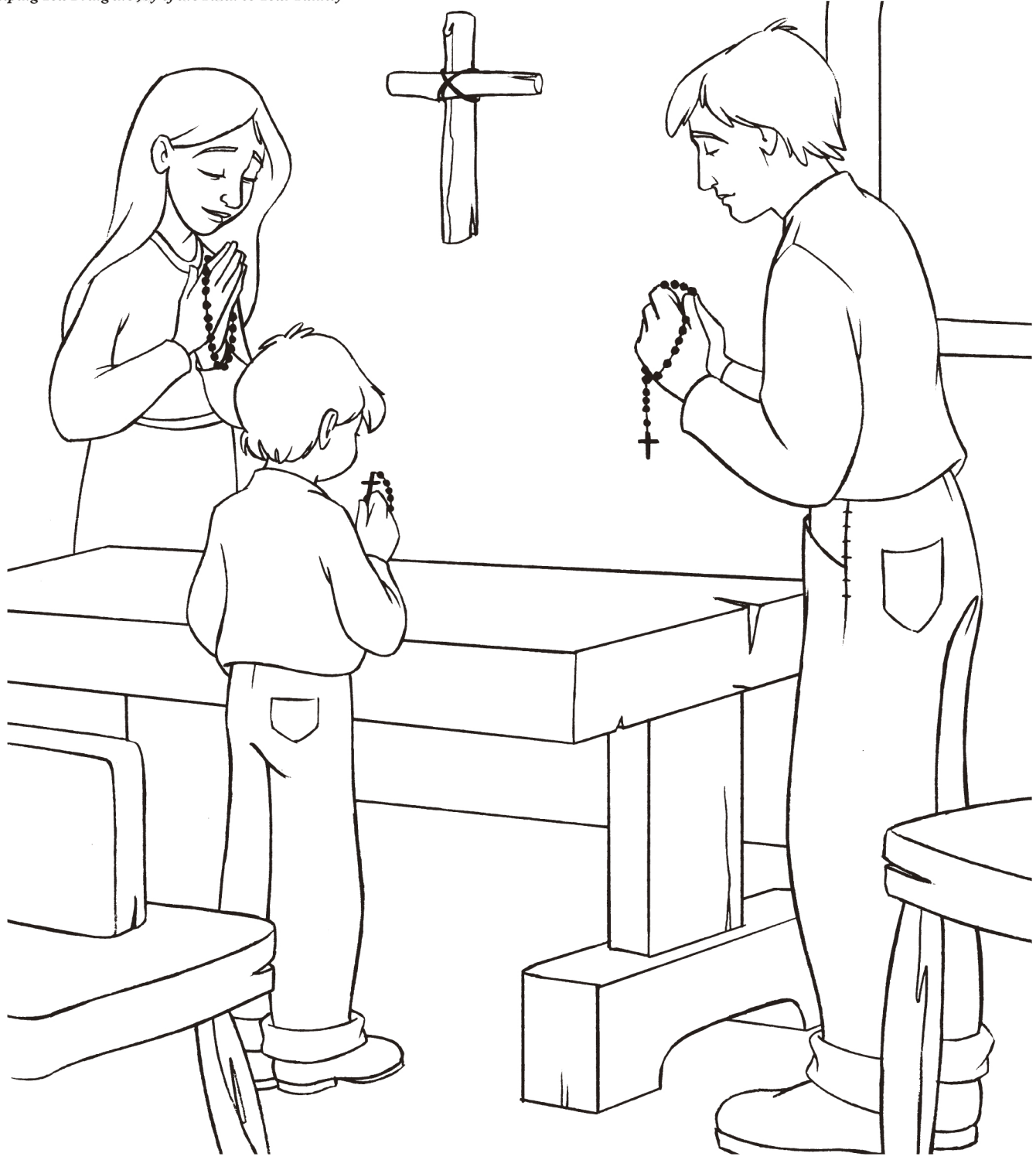
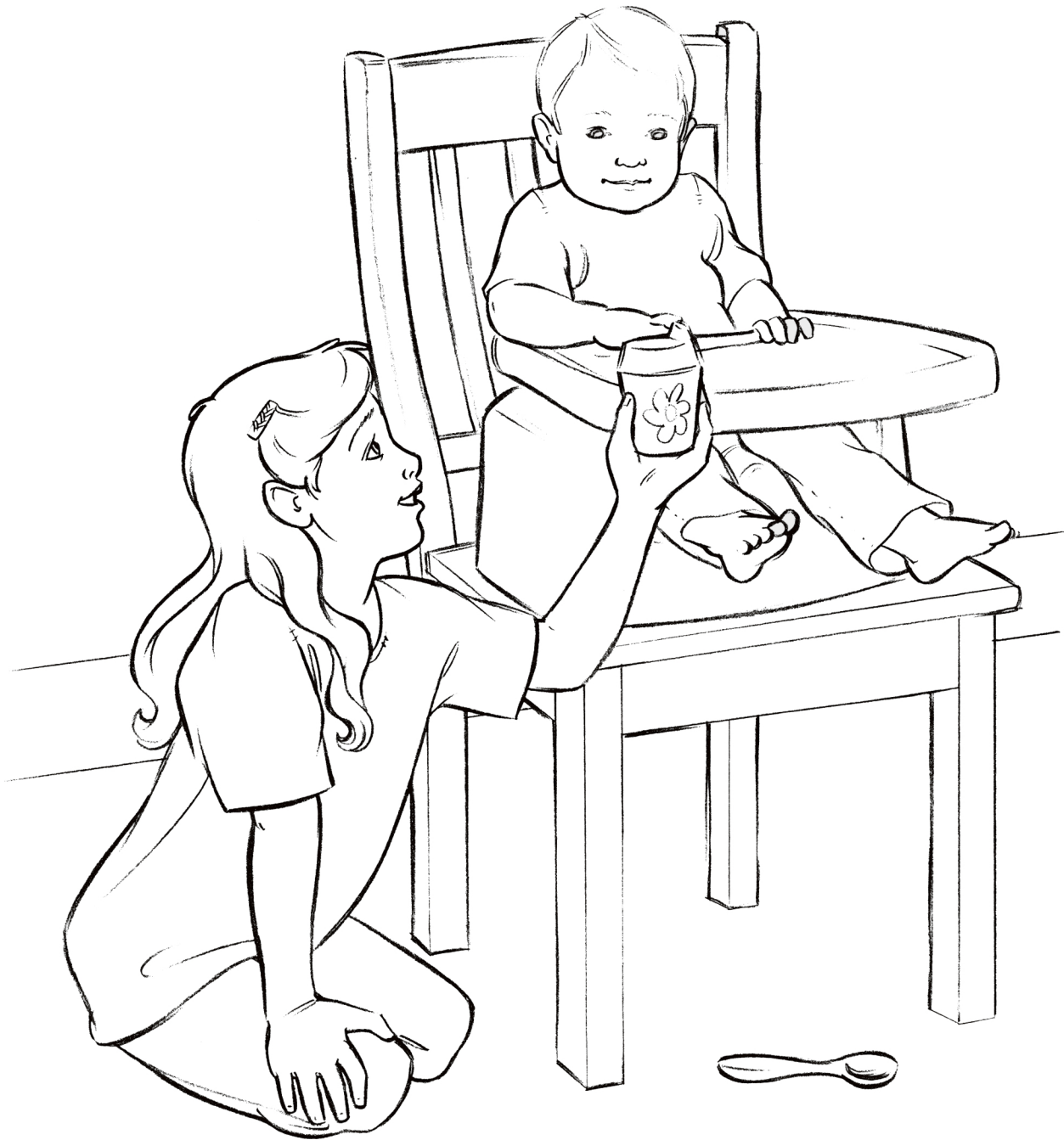


Forms of Penance: Prayer



Prayer is when we raise our hearts and minds to God. Through this conversation with God, we can talk to Him about our lives and listen for Him to share His Will for us. While we should pray every day, it is especially important to spend extra time in prayer during Lent. By spending addition time in prayer during Lent, we will grow closer to God and prepare for Easter Sunday.

Forms of Penance: Fasting



During Lent, all baptized Catholics between the ages of 18-59 are obligated to fast on Ash Wednesday and Good Friday. According to the Catechism of the Catholic Church, fasting means to only eat one full meal and two smaller meals (which together do not equal the amount of the full meal). If you are younger than 18, you are not required to fast in this way. However, on Ash Wednesday and Good Friday, it is a good idea for you to fast from desserts, or soda, or something else you usually enjoy eating, so you can also fast in a small way.

Forms of Penance: Almsgiving



During Lent, almsgiving is another form of penance that helps us to grow spiritually, as we approach Good Friday. Almsgiving is the donation of money or material goods, such as food or clothing. Bl. Carlo Acutis gives us an example of this when he would spend his allowance money to buy blankets and sleeping bags for local homeless people.