

## Make a Lenten Plan

### PRAY

Set aside a time each day to pray and reflect.

### FAST

Consider what you will give up for Lent to help our global family.

### GIVE

Set a goal for your Rice Bowl offering.

### LEARN

Meet your global family. Discover stories, recipes and more at [crsricebowl.org](https://crsricebowl.org).

Remember to visit [crsricebowl.org/calendar](https://crsricebowl.org/calendar) to download your free Lenten calendar.

CRS RICE BOWL

FOR LENT FOR LIFE



Photo by Condly Cardona/CRS

MAKE YOUR OWN RICE BOWL BY GLUING OR TAPING THE WRAPPER, BELOW, TO A CONTAINER. THEN DISPLAY YOUR LENTEN PLAN, ABOVE, ON YOUR FRIDGE.

## WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

### My Lenten Pledge

Name \_\_\_\_\_

For Lent, I will \_\_\_\_\_

And donate \$ \_\_\_\_\_

Don't forget to turn in your gifts at the end of Lent by visiting [crsricebowl.org/donate](https://crsricebowl.org/donate) or by scanning the QR code.



### Lenten Prayer

**God of Hope,**

You journey with us through the desert.

You challenge us to become more like Christ.

During this Lenten season, may our prayers, fasting and almsgiving give us the courage to go forth and share our gifts with the world.

May our encounter with you allow us to bring hope to our global family.

**AMEN**