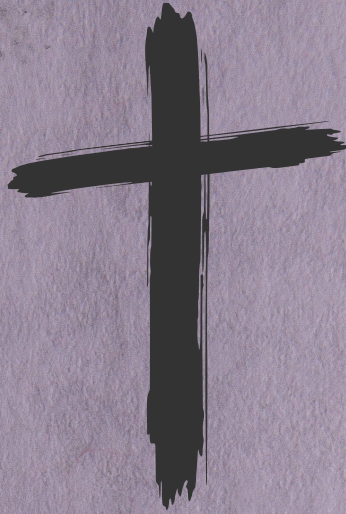


Refuel Monthly Prayer Challenge



FEBRUARY

Lent begins on Wednesday, February 14th! Traditionally, we are called to individually practice prayer, fasting, and almsgiving during the 40 days of Lent. This month, prepare for and share your individual goals with your family. Then, choose at least 1 of the main areas below to prepare for and practice as a FAMILY. Share what you did at:

padlet.com/saintvmiddleschoolministry/refuelprayerchallenge7th

<i>PRAYER</i>	Ideas: Assign prayer partners and ask for their special intentions each week, pray a Rosary together once a week, attend the Stations of the Cross on Friday evenings at St. Vincent, choose a Lenten daily devotional to read each night (or a Gospel chapter, or daily Mass reading), create a prayer jar that you can add family intentions to each day
<i>FASTING</i>	Ideas: What can you give up together as a family? Desserts? Individual plans so you can have a family night once a week? Social media and time on technology?
<i>ALMSGIVING</i>	Ideas: Volunteer at an organization as a family (nursing home, Franciscan Center, food kitchen, etc.), trade names and secretly write your partner an uplifting note or complete a chore for him/her each week, write and mail letters to important people in your family's life, donate items in your home to others