

PAY
SOMEONE A
COMPLIMENT

PRAY

WRITE A
LETTER TO
SOMEONE YOU
CARE FOR

FAST

PRAY AN OUR
FATHER FOR A
PARTICULAR
INTENTION

GIVE

DRINK ONLY
WATER FOR
A DAY

**INTO
THE
DESERT**

GO
HEADPHONE
FREE FOR A
JOURNEY

PRAY A
DECADE OF
THE ROSARY

KEEP FROM
GOSSIPING
ABOUT
OTHERS

OFFER UP
SOME HARDSHIP
FOR SOMEONE
IN NEED

SPEND ONE
HOUR PHONE
FREE WITH
YOUR FAMILY

TELL SOMEONE
THAT JESUS
LOVES THEM

PRAY A HAIL
MARY FOR
SOMEONE WHO
IS STRUGGLING

CLEAR OUT
YOUR OLD
CLOTHES AND
DONATE THEM

READ THE
PASSAGE OF JESUS
IN THE DESERT
(MATTHEW
4:1-11)

OFFER TO DO
THE WASHING
UP/HOOVERING
/COOKING

LIST 5 THINGS
YOU ARE
GRATEFUL FOR

DONATE THE
MONEY YOU
HAVE SAVED
FROM FASTING

GIVE UP THE
SNOOZE BUTTON
AND MAKE THE
MOST OF YOUR
MORNING

READ THE
PASSION OF
JESUS (JOHN
18:1-19:42)

FAST FROM
SNACKING
BETWEEN
MEALS

HELP YOUNGER
SIBLINGS (OR
SOMEONE ELSE)
WITH THEIR
HOMEWORK

SPEND 5
MINUTES
TALKING TO
JESUS ABOUT
YOUR DAY

ONLY BUY THE
ESSENTIALS
FOR A WEEK

SPEND
QUALITY TIME
WITH A FRIEND

VISIT YOUR
PARISH/SCHOOL
CHAPEL TO SAY
A PRAYER

VISIT A
RELATIVE OR
FRIEND WHO
MIGHT BE
LONELY

BE PATIENT
AND LEAVE
OUT SARCASM

INVITE A
FRIEND AND
GO TO MASS
TOGETHER

SAVE YOUR
CHANGE AND
GIVE IT TO
CHARITY

TRY TO NOT
COMPLAIN
ABOUT THE
LITTLE THINGS

WRITE DOWN
YOUR PRAYER
INTENTIONS

LEAVE SOCIAL
MEDIA ALONE
FOR A DAY

GIVE SOMEONE
A SMILE WHEN
YOU WANT TO
SCOWL

RECEIVE THE
SACRAMENT OF
RECONCILIATION

READ A BOOK
INSTEAD OF
WATCHING
NETFLIX

PRAY THE
STATIONS OF
THE CROSS

GIVE YOURSELF
A DECENT SLEEP
AND FAST FROM
LATE NIGHTS

CHAT TO
SOMEONE YOU
WOULDN'T
NORMALLY

FOCUS ON WHO
YOU'RE WITH
RATHER THAN
CHECKING YOUR
PHONE

FIND OUT
ABOUT A
NEW SAINT

VOLUNTEER AT
AN EVENT/
CHARITY/GROUP
FOR AN
AFTERNOON

40
DAYS
OF
CHALLENGES



TAG US IN YOUR CHALLENGES
@SHREWSBURY_YMT

SHREWSBURY YOUTH MISSION TEAM

LENT 2019