



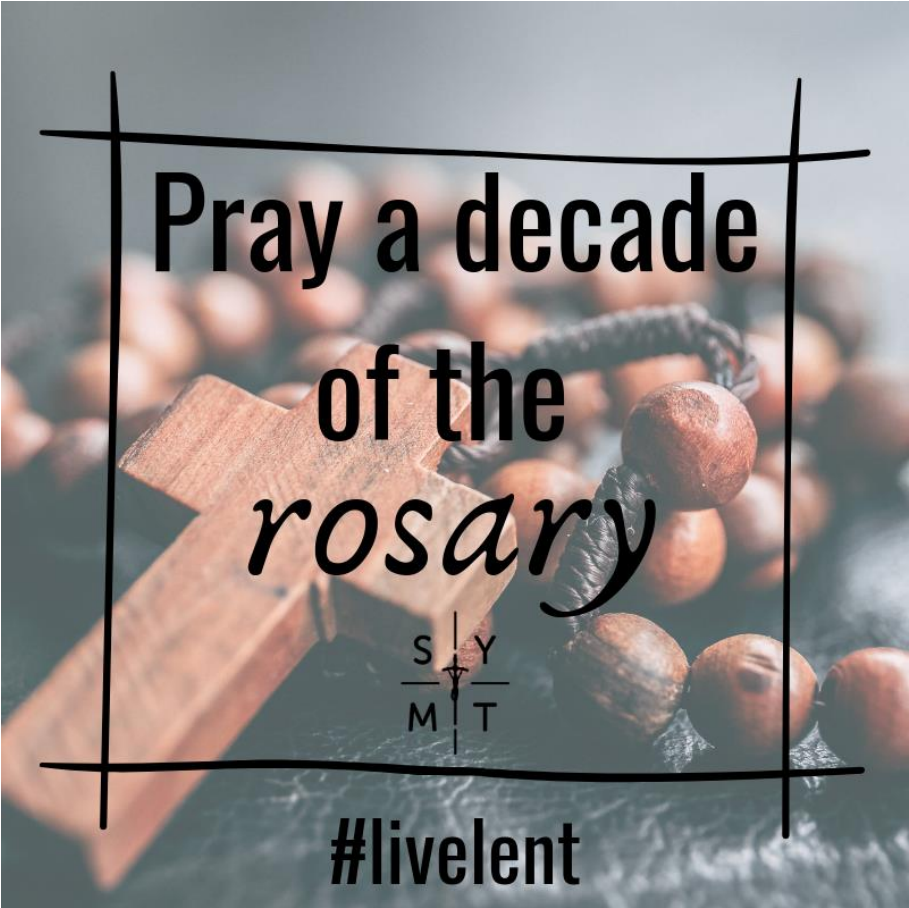






**GO HEADPHONE FREE  
FOR A JOURNEY**

**#LIVELENT**



**Pray a decade  
of the  
*rosary***



**#livelelent**









Pray a  
*Hail Mary*

for someone who  
is struggling

#livekent



**CLEAR OUT  
YOUR  
OLD CLOTHES  
AND  
DONATE THEM**  
**#LIVEKENT**





Read the  
passage of  
Jesus  
in the desert  
(Matthew 4:1-11)



#livelelent



Offer to do the  
washing up/  
hoovering/  
cooking

#livelelent











**Give up the  
snooze button  
and make the  
most of your  
morning**

**#livelent**



Read the  
Passion of Jesus  
(John 18:1-19:42)



**#livelent**



A close-up photograph of a bowl filled with golden-brown potato chips. The bowl has a green and red geometric pattern.

Fast from  
**snacking**  
between meals  
#livelent

A photograph of two people sitting at a wooden table, looking down at open books. One person is wearing a yellow shirt and the other is wearing a grey shirt. A clear plastic cup is on the table.

Help a  
younger sibling  
(or someone else)  
with their  
**HOMEWORK**

#livelent















*Invite  
a friend  
and go to  
mass together  
#live!ent*



**Save  
your  
change  
and  
donate it  
to charity**



**#live!ent**















Chat  
to someone  
you wouldn't  
normally

#livekent



*Focus*

on who you're with  
rather than  
checking your  
phone

#livekent



