



My Lent

Name: _____

Date: _____

1. One specific thing I will sacrifice or give up this Lenten season:

2. One good spiritual practice I can add to my daily/weekly life this Lent:

3. Why are you giving this up/adding this for Lent this year?

4. What will be the biggest challenges to living out this commitment?

5. How will you overcome these challenges?

