

Lent Lesson Activity:

Students will fill out the “Lenten promise” sheet from Catholic Brain.

They have spent much of this lesson thinking about ways they personally can grow spiritually during this Lent. They should be reminded that their acts of penance are also wonderful, loving offerings to God. On the form, they should write down their intentions. If there is time, they can color it, as well, and students should be encouraged to display it somewhere during Lent, as a reminder and encouragement of their spiritual goals and promise.