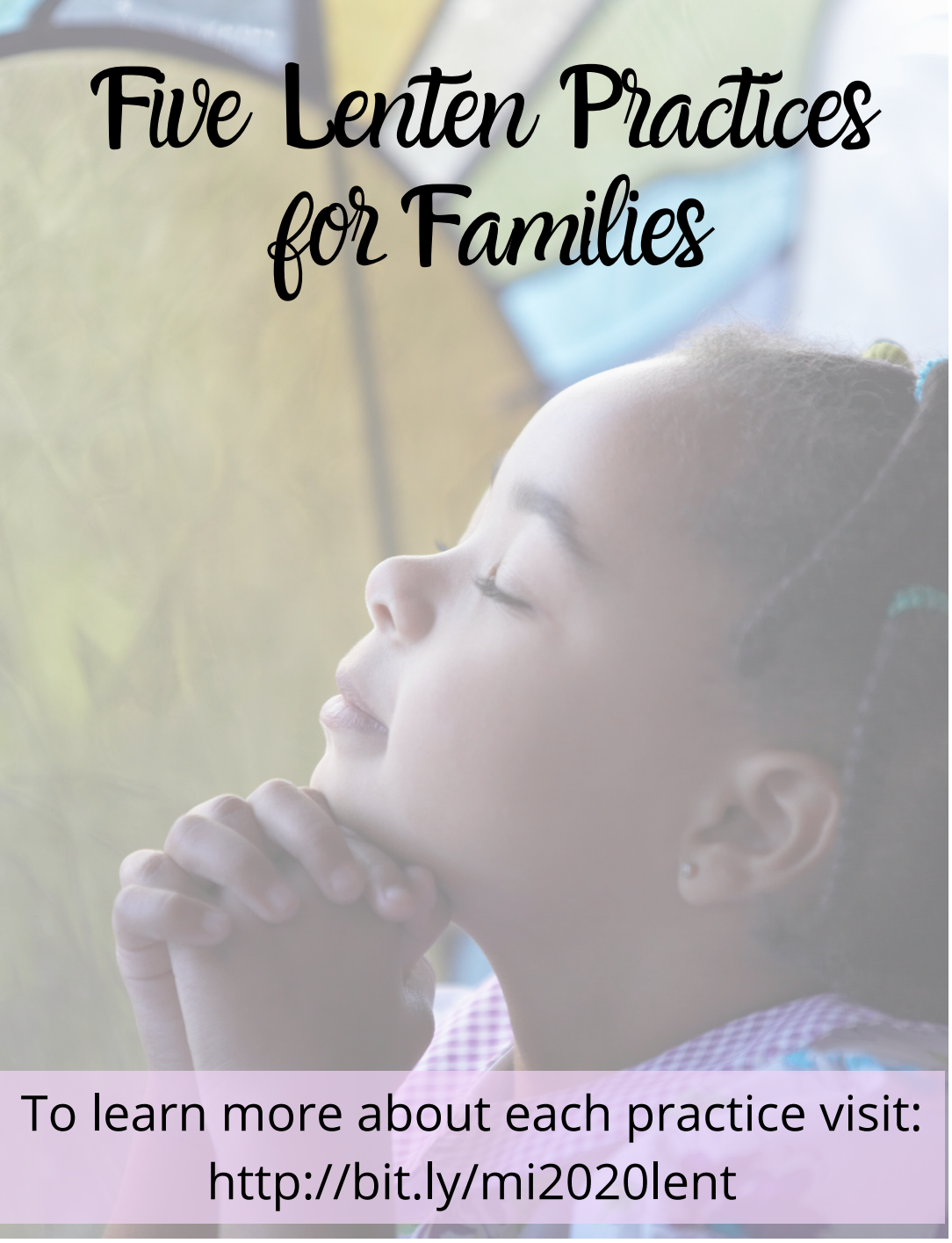
Five Lenten Practices for Families



To learn more about each practice visit: http://bit.ly/mi2020lent

Make Pretzels to remember that Lent is a time for prayer. Learn more about the meaning of the pretzel and two recipes you can try here: bit.ly/lentpretzels

Coins for Lent Calendar. Download the calendar and collect coins (or items to donate) each day throughout Lent. It's a way to be grateful for what we have and give to others.

Prayer
Try a new way to pray. Ideas include: praying in color, prayer walk, prayer beads, movement prayer, breath prayer and many others.

Lenten Paper Chain
Cut out 40 (or 47 if you want to include Sundays) strips of paper. Write a person, place, or group of people on each strip. Tear off a strip and pray for who/what is on it each day.

Family Fast
Choose something to fast from during Lent as a family. It could be 30 minutes from technology every day or not eating out at restaurants. Focus on growing closer to God.