

# Lent: Beauty In Simplicity

## February 2018

	SUN	MON	TUE	WED	THU	FRI	SAT
					1	2	3
	4	5	6	7	8	9	10
Simplifying Space	11	12	13	14 Donate one item.	15 Set up a space for prayer.	16 Clean pantry.	17 Clean out cars.
Simplifying the Schedule	18 Only commit to essential tasks.	19 Pray Liturgy of Hours.	20 Wake up with the alarm.	21 Revise Rule of Life for Spring.	22 Meal plan for the upcoming week.	23 Attend morning Mass.	24 Spend day at home with family.
Simplifying the Care of the Body	25 Spend time kneeling in prayer.	26 Avoid all mirrors, pray for humility.	27 Sleep without pillow for homeless.	28 Fast from coffee and tea.			

## March 2018

	SUN	MON	TUE	WED	THU	FRI	SAT
					1 Fast from makeup.	2 Organize closet, donate some clothes.	3 Fast from candy.
Simplifying the Use of Money	4 Abstain from a purchase the money instead.	5 Make a meal from pantry items.	6 Review and improve budget.	7 Make a food donation.	8 Fast from eating out.	9 No extra spending.	10 Visit Church and put money in poor box.
Simplifying the Mind	11 Fast from social media.	12 Examine conscience.	13 Pray Lectio Divina, Jn 5:1-16	14 Journal for ten minutes.	15 Spend 15 minutes in silent prayer.	16 Fast from using computer.	17 Fast from using phone.
Simplifying Relationships	18 Spend 20 minutes alone in silence.	19 Pray a rosary with a friend.	20 Invite a lonely person over.	21 Write a letter.	22 Bring a prepared meal to a friend.	23 Forgive someone.	24 Ask family members how you can better serve.
Simplifying Prayer	25 Spend 5 minutes in silence after Mass.	26 Go to confession.	27 Reflect on confirmation Saint.	28 Pray for strangers I see today.	29 Go to Adoration for 30 minutes.	30 Pray Divine Mercy Chaplet.	31 Ask God to prepare heart for Easter.