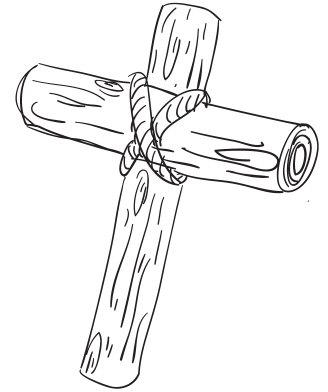


Name _____

Date _____

Lenten Commitments

Our Lenten commitments may seem easier to keep when we perform them in solidarity with others.



Directions: Write your commitment to each Lenten practice. Then identify a person(s) or group with whom you stand in solidarity as you live out the practice.

1. The Practice of Praying

This Lent, I commit to _____ [type of prayer]
from _____ to _____ [times of day] on _____
[days of week]. I will do this to stand in solidarity with the following person(s) or
group: _____.

2. The Practice of Fasting

This Lent, I commit to fasting or abstaining from _____
_____. I will do this to stand in
solidarity with the following person(s) or group:
_____.

3. The Practice of Almsgiving

This Lent, I commit to give _____
[amount of money, time, possession, or talent] to
_____ [recipient] on
_____ [days and times].

I will do this to stand in solidarity with the following person(s) or group:
_____.

Signature: _____

