LENTEN HABIT TRACKER & DEVOTIONAL

Lent is a call to prayer, fasting, and almsgiving to prepare for the passion and resurrection of our Lord. By offering up small sacrifices or mortifications, we increase in the Christian virtue of self-control (temperance), helping us ultimately to detach from worldly distractions and re-focus our lives on serving the Lord and one another. Here are 11 simple sacrifices you can do as a couple or family weekly. Add your own in the blank spaces provided. Check the boxes when complete at the end of the week.

HABIT:	WEEK: 1	2	3	4	5	6	7
Fast by skipping a meal or two one day each week	☐	☐	☐	☐	☐	☐	☐
Abstain from eating meat on Friday	☐	☐	☐	☐	☐	☐	☐
Give up a preferred beverage (coffee, soda, beer, etc.) on Monday, Wednesday, and Friday	☐	☐	☐	☐	☐	☐	☐
Pray the "Stations of the Cross" Devotional on Friday evening (see reverse)	☐	☐	☐	☐	☐	☐	☐
Turn off all electronic devices (TV, phones, video games) from 6:00 pm – 10:00 pm	☐	☐	☐	☐	☐	☐	☐
Read Holy Scripture for 15 minutes each morning	☐	☐	☐	☐	☐	☐	☐
Donate to a local charity in your community that serves the poor	☐	☐	☐	☐	☐	☐	☐
Engage in a form of charity (volunteer at a soup kitchen, help a friend move, etc.)	☐	☐	☐	☐	☐	☐	☐
Offer a prayer of thanksgiving before all meals	☐	☐	☐	☐	☐	☐	☐
Read or listen to a spiritually uplifting podcast or book	☐	☐	☐	☐	☐	☐	☐
Turn to God and examine your conscience each night by reviewing what you're thankful/sorry for	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
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Stations of the Cross Devotional

In the name of the Father, and of the Son, and of the Holy Spirit...

Always start each station with:

V: We adore You, O Christ, and we praise You.
R: Because by Your holy Cross, You have redeemed the world.

Pray one station of the cross reflection. Then, pause a moment to consider Our Lord's great love for you.

And end each station with:

Lord Jesus Christ, I love You more than I love myself; I repent of my sins against You. Keep me by Your side, grant that I may love You always, be filled with the Holy Spirit, and serve the will of the Father. Glory Be...

Glory Be

Glory Be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end.

Amen.

1. Jesus is condemned to death
My Lord, Jesus, Pilate may have spoken the words to put You to the Cross, but it was my sins that condemned You to die. As I meditate on this sorrowful journey, bring my soul closer to Yours so that I may be with You in Your Kingdom.

2. Jesus carries His Cross
My most beloved Jesus, help me to bear my cross; to follow You on Your journey as You carried Yours. You suffered for my sake, without complaint, without selfishness so that my cross is light.

3. Jesus falls the first time
My Jesus, it is not the weight of the Cross, but of my sins, which has made You suffer so much pain and bring You to Your knees. Here on my knees, I pray that I sin no more and add no more weight to Your Cross.

4. Jesus meets His mother
My most loving Jesus, help me to stay by Your side, just as Your mother did. Let no sorrow divide me from You. Grant me the grace of a truly devoted love for You and constant remembrance of your Passion.

5. Simon of Cyrene helps Jesus to carry His Cross
My most beloved Jesus, I will accept the cross, pain, and death that may come from following You gladly and offer all that I am and have to You. Help me to do so with Your grace.

6. Veronica wipes the face of Jesus
Lord, help me to always look for and act on ways to serve You. Help me to see Your face clearly and not see what the world puts between us.

7. Jesus falls the second time
My most perfect Lord Jesus Christ, You forgive me each time I fall and come back to You. Yet, I continue to sin and fall again. Help me to live in Your grace and sin no more and avoid temptations.

8. Jesus speaks to the women of Jerusalem
Beloved Christ, I am distraught by my sins against You. Despite these offenses You love me and my betrayal of Your love, more than the fear of hell, brings me to tears. Give me the grace to harm You no longer.

9. Jesus falls the third time
My Savior, Your humility and unwavering acceptance of the Father's will gives me strength to follow after You. Help me reject worldly desires and distraction so that I no longer cause You to fall.

10. Jesus is stripped of his garments
Your innocence, Lord, is clear and yet for my sake You bear this torture. Let me be stripped of all that binds me to the world rather than to Your merciful and loving heart.

11. Jesus is nailed to the Cross
Oh, Pascal Lamb, let my heart be nailed to You, that I may always stay at Your side and never stray again.

12. Jesus dies on the Cross
Thank You, my Jesus, for taking my place and bearing sins that I deserve to die for. I cannot repay the grace You have given me, but I can give what little my life is worth to You.

13. Jesus is taken down from the Cross
Help me, Christ Jesus, never to hide my love for You. Let my life be a sign to others that I serve You first and foremost, regardless of the cost.

14. Jesus is placed in the tomb
For three days, my Savior Jesus, You depart from us. Help us to humbly come to You knowing that we too shall die, but thanks to Your sacrifice, we will rise with You. Bind me to You that I may serve You each moment of this life and the next.