



# IDEAS FOR YOUR LENT FAST



**A Lenten fast is not just about fasting and abstinence from the things we love, it is also about adding things that makes our lives more meaningful. Grow in Love, live Lent!**

## **Abstain from the usual**

**Consider giving up sweets, video games, smartphones, junk food, social media, and other creature comforts.**

## **Practice silence**

**The Religious practice silence in order to better hear God. You too can. Try turning off the television, your mobile phone and eating a meal in silence, or try being silent for the first fifteen minutes of the morning, or even having a Day of Silence.**

## **Cut down your wardrobe**

**Count the number of outfits you have and select a few to wear during your fast. Get inspiration from the saints who gave away their clothes to the poor. At the end of the fast, you can consider donating some of the clothes you did not wear to charity.**

## **Give up something for the sake of the environment**

**Let your Lent benefit the environment, which is God's creation. Give up meat to reduce carbon emissions; give up unnecessary lights (the darkness will be appropriately Lenten); give up unnecessary car trips (use the time walking or biking to pray); or give up plastic, bottles and cans**

## **Turn your room into a desert**

**Jesus spent forty days in the desert. You can imitate his example by making your room more desert-like as well, removing pictures and posters from walls, putting away rugs and comforters, emptying closets and dressers of all but the most essential outfits, throwing extra clutter in a box to be stored away.**



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[svp.org.uk/b-Attitude](https://svp.org.uk/b-Attitude)



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Art activity: Draw your favorite animal

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## Be one with the poor

One of the purposes of fasting is to remind us of the plight of the poor, especially those who lack the basic necessities of life. You can underline this element by giving up something that is symbolic of a necessity that other people lack. For example:

Sleep on the floor, not in bed, to practice solidarity with the homeless. Drink nothing but water (and maybe milk, for growing bodies) to be in solidarity with those who lack safe drinking water. Walk to school instead of getting a ride to be in solidarity with kids who lack access to education. Do not purchase anything for yourself (except for absolute necessities) to be in solidarity with those who must live on less than £1 a day.

## Offer up your place

If your siblings and friends are always fighting about who gets to sit where or who gets to be first, then read and talk about Jesus' teaching about "first" and "last" place: [Mark 10:41-45](#). Challenge your siblings and friends to live that teaching out during Lent.

## Practice humility, and give up a vice

Before Lent, ask trusted friends and family members, "What area of my character do you think I need to work on the most?" Or ask: "What's one thing that I do that annoys you the most?" Hearing the answers to those questions without getting defensive will offer a great opportunity for practicing humility! Turn that around into a positive by practicing the appropriate virtue. For example, if everyone thinks you talk too much, practice holding your tongue. If people think you worry too much, focus on giving your worries to God

## Write your fight

You can cut down on squabbling with your siblings or friends by committing to writing your complaints rather than making them verbally. Print out "complaint forms" that include guidelines for rephrasing complaints using respectful language.

