

# *Hiep Si Lenten 2023 Checklist*

According to the USCCB, Lent is a 40-day period of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. This year, as you journey through the Lenten season, I challenge Hiep Si to check one item a day to know God more, love God more, and serve God more. You are also encouraged to come up with some ideas on your own or as a group to check off. Hope you all have a meaningful lenten season.

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|---|---|
| <input type="checkbox"/> Attend Ash Wednesday mass on February 22, 2023               | <input type="checkbox"/> Read John 3: 14-18 and reflect on it             |
| <input type="checkbox"/> Abstain from meat on Ash Wednesday                           | <input type="checkbox"/> Read Matthew 4: 1-11 and reflect on it           |
| <input type="checkbox"/> Sống ngày Thánh Thể through dâng ngày, dâng Lễ, and dâng đêm | <input type="checkbox"/> Read Psalm 27:14 and reflect on it               |
| <input type="checkbox"/> Attend a retreat   | <input type="checkbox"/> Spend 30 mins in Eucharistic Adoration           |
| <input type="checkbox"/> Receive the Sacrament of Reconciliation                      | <input type="checkbox"/> Pray for peace                                   |
| <input type="checkbox"/> Read the daily passage of the day                            | <input type="checkbox"/> Listen to a catholic podcast                     |
| <input type="checkbox"/> Spend 5 mins in silence                                      | <input type="checkbox"/> Participate in Holy Week                         |
| <input type="checkbox"/> Be a volunteer in your community                             | <input type="checkbox"/> Fast from plastic, reuse and recycle for the day |
| <input type="checkbox"/> Call up a friend you haven't talked to reconnect             | <input type="checkbox"/> Pray for vocation                                |
| <input type="checkbox"/> Say "I Love You" to your parents                             | <input type="checkbox"/> Pray as a group through lectio divina            |
| <input type="checkbox"/> Meditate for 10 mins   | <input type="checkbox"/> Give someone a compliment                        |
| <input type="checkbox"/> Participate in the Stations of the Cross                     | <input type="checkbox"/> Attend a weekday mass                            |
| <input type="checkbox"/> Attend the Stations of the Cross                             | <input type="checkbox"/> Read the Sunday scripture before you go to Mass  |
| <input type="checkbox"/> Journal your thoughts and feelings for the day               | <input type="checkbox"/> Abstain from meat on Good Friday                 |
| <input type="checkbox"/> Forgive someone  | <input type="checkbox"/> Reflect on how you see God in yourself           |
| <input type="checkbox"/> Ask for forgiveness from someone                             | <input type="checkbox"/> Reflect on how you see God in others             |
| <input type="checkbox"/> Pray for world leaders                                       | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Abstain from social media for the day                        | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Get up 15 mins early to give thanks and offer the day to God | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Reflect on something you regret                              | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Donate to a charity of your choice                           | <input type="checkbox"/> _____  |

