

Lent Brainstorming Sheet

Lent is a time to grow closer to Jesus and become a better version of yourself.

Traditionally, three practices can help us to do this: praying more or in a new way, fasting by giving something up, and giving your time, talent or treasure to worthy causes that help others. This sheet is going to help you “plan backwards” to make this Lent your best and most intentional yet.

Step 1: Think about what you are already doing. Describe ways that you pray, fast and give already.

What some areas of your life that you want to improve? Do you want to be a better friend? Have a closer relationship with God? Be less selfish? Know the Bible better? Pray every day? Spend less time doing things that don't help you? Write about habits or parts of your life you want to improve:

What is the single thing that occupies your time and attention the most? Are you proud of this?

Pray:

How will you accomplish this prayer goal this Lent? _____

Who or what will keep you accountable? _____

What supplies will you need? Where will you keep them? _____

What thing or practice is keeping you from being your best self?

Fast:

How can you fast from that this Lent? Be specific and realistic in your planning.

Give:

What are your talents?

How could you use these to help others? _____

Is there a way you could use your time to serve others? Write a few ideas here:

Is there a cause you and your family could support with money this Lent? Write what the cause is and why it matters to you here: _____
