

|   |
|---|
| Say a family prayer together (i.e.: one decade of the rosary, or other prayer as appropriate to your family's traditions)             |
| Say a family prayer together (i.e.: one decade of the rosary, or other prayer as appropriate to your family's traditions)             |
| Say a family prayer together (i.e.: one decade of the rosary, or other prayer as appropriate to your family's traditions)             |
| Say a family prayer together (i.e.: one decade of the rosary, or other prayer as appropriate to your family's traditions)             |
| Say a family prayer together (i.e.: one decade of the rosary, or other prayer as appropriate to your family's traditions)             |
| Practice the virtue of CHASTITY: don't be influenced by hostility, temptation or corruption   |
| Practice the virtue of TEMPERANCE: focus on moderation  |
| Practice the virtue of CHARITY: help someone without being asked  |
| Practice the virtue of DILIGENCE: give everything you do today your full attention. Be fully in the moment.                           |
| Practice the virtue of PATIENCE: ask a family member about their day. Just listen...and be patient no matter how long the story goes. |
| Practice the virtue of HUMILITY: humility is not thinking less of yourself, it is thinking of yourself less.                          |
| Practice the virtue of KINDNESS: be a friend to someone who needs you   |
| Open the Bible to a random page. Read one chapter and discuss as a family.  |
| Open the Bible to a random page. Read one chapter and discuss as a family.  |
| Open the Bible to a random page. Read one chapter and discuss as a family.  |
| Open the Bible to a random page. Read one chapter and discuss as a family.  |
| Open the Bible to a random page. Read one chapter and discuss as a family.  |
| Write a card to a family member you haven't talked to in a while.   |
| Research a saint or other religious leader, and share your findings with your family.   |
| Say a different prayer at dinner tonight.   |

|  |
|--|
| Practice an Act of Mercy: reach out & comfort someone who is upset   |
| Practice an Act of Mercy: forgive someone who hurt your feelings. Tell them they are forgiven.                   |
| Practice an Act of Mercy: pray for the living and the dead   |
| Practice an Act of Mercy: buy extra Peanut Butter & Jelly at the store. Donate them at mass this weekend.        |
| Practice an Act of Mercy: clean out your closet & donate the clothes   |
| Practice an Act of Mercy: visit (or call) a sick family member or friend   |
| Think of someone that made you happy today. Thank the person who made you happy and tell them why.               |
| Think of someone that made you happy today. Thank the person who made you happy and tell them why.               |
| Think of someone that made you happy today. Thank the person who made you happy and tell them why.               |
| Eat dinner by candlelight. Remember that Jesus is the Light of the World.  |
| Spend at least one hour technology-free. Play a game with your family instead.                                   |
| Does someone normally cook each night? Give this person a night off and have everyone else cook (and clean up!). |
| Jesus fasted for 40 days. Today, give up that extra cup of coffee or snack.                                      |
| Read about the 14 Stations of the Cross...even if it's on your iPhone!   |
| Bake some cupcakes and take them to your neighbors. (Mark 12:31)   |
| Look at the ministries available at your church. Is there one you can become involved in?                        |
| Say a prayer for someone who makes you angry (Matthew 5:44)  |
| Thank your parents/guardians for the job they did in raising YOU (Eph.6:1-3)                                     |
| Go for a walk together as a family after dinner (or before!).  |
| Talk about one thing Jesus did and how you can do something like Him.  |