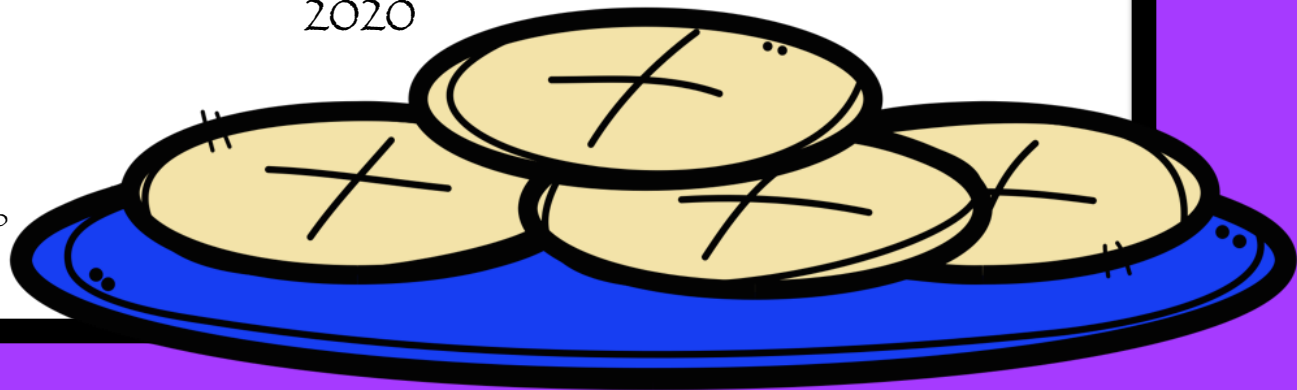


Lenten Promise Cards



Give Up, Take Up, Lift Up
2020

By Kayla Weskamp



Lenten Promise Cards

Lenten Promise Cards Directions:

1. Print all pages on quality card stock. (I use different colored cardstock to make it colorful)
2. Make enough copies for each student to have a complete set.
3. Laminate sheets. (for durability, and totally optional) Cut out each card.
4. Hole punch each card on the left side corner. (Left side cross + is a good guide where to place the hole punch, so they are uniform for all cards.)
5. Just before dismissal each day, pass out the card for the next day. Students read each day's card. Discuss the activity for the day. (On Friday, pass out Saturday-Monday so they will have them for each weekend.)
6. Attach cards to a 2 inch binder ring. (Our students attach them to book bags or backpacks)
7. Have a blessed Lent!

Credits:



Lenten Promise Cards

Thank you for downloading! © 2020 Lenten Promise Cards by Kayla Weskamp
Permission to copy for single classroom use only.

Electronic distribution limited to single classroom use only.

©2019 Kayla Weskamp Lenten Promise Cards are intended for personal/classroom use and are not for resale or redistribution. The contents were created by Kayla Weskamp.

The materials in the download are intended as a means for which children become an active participant in prayer, fasting and almsgiving during the season of Lent. **Note: For very young readers, I read the Lenten Promises to them. Discussion follows.** Each day presents an active “promise” to God in order to grow closer to Him during the 40 days of Lent. (Lent lasts 46 days, but Sundays are not included in the overall count. The six Sundays are not counted because each one is seen as a “mini-Easter” celebrating Jesus' victory over sin and death.)

Please feel free to email me with any questions or comments regarding your download. I'd be delighted to hear from you with a short comment or feedback on my TPT store.

Thanks so much!

Kayla ☺

Credits: Cute graphics courtesy of:



+ Give Up, Take Up, Lift Up +
Lent 2020

Ash Wednesday
Day 1, February 26

Pray:

Go to Mass. Today is Ash
Wednesday.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 2, February 27

Fast:

Spend quiet time today
before and after school
without TV, music, or any
other electronic devices.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 3, February 28

Serve:

Write a letter,
note or draw a picture to
a family member. Share it
by giving it to the person
or mail it.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 4, February 29

Pray:

Pray to be a
good student.

Grant me grace, O merciful God, to desire
all that is pleasing to you,
To examine it prudently,
To acknowledge it truthfully,
And to accomplish it perfectly,
For the praise and glory of you!

+ Give Up, Take Up, Lift Up +
Lent 2020

Sunday, March 1

Fast:

Go all day without
eating sweets, candy,
snacks or desserts.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 5, March 2

Serve:

Help your
family at dinner tonight by
either helping to serve the
meal, set the table or
clean up afterwards.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 6, March 3

Pray:

Pray the rosary after school. If you don't have time to pray the entire rosary, pray a decade.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 7, March 4

Fast:

Fast from saying anything negative about someone or something all day.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 8, March 5

Serve:

Let someone go ahead of you in line. You can do this at school, home or in your community.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 9, March 6

Pray:

Read a book or look up on the internet about your favorite saint. Read for 20 minutes about him or her.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 10, March 7

Fast:

Fast from sleeping with your pillow or favorite stuffed animal for a night.

+ Give Up, Take Up, Lift Up +
Lent 2020

Sunday, March 8

Serve:

Joyfully offer to do a chore for your family, like taking out the trash or unloading the dishwasher.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 11, March 9

Pray:

Pray the Guardian Angel
Prayer before you go to
bed.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 12, March 10

Fast:

Fast from playing with
your favorite toy all day
today.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 13, March 11

Serve:

Clean up trash
in your yard. If there is no
trash, offer to rake leaves
or pick up branches in
your yard.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 14, March 12

Pray:

Listen to
Christian music or radio
after school today.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 15, March 13

Fast:

Fast from arguing
with a sibling or making a
fuss to your parents
today. Be polite to your
family.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 16, March 14

Serve:

Clean out your
closet or dresser and
donate 5 items of clothing
that you no longer wear
or have outgrown.

+ Give Up, Take Up, Lift Up +
Lent 2020

Sunday, March 15

Pray:

Pray in silence from the time you get into your car before and after Mass. If you already went to Mass last night, pray before all meals today.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 17, March 16

Fast:

Plan a simple meal with your family. Talk together about how to help the hungry in your community.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 18, March 17

Serve:

Surprise someone by doing a task or chore that they normally do.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 19, March 18

Pray:

Tell a teacher you've already had in school (or one other than your current teacher) Thank You for being a wonderful teacher!

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 20, March 19

Fast:

Collect your loose coins in your room and place it in your family's rice bowl from church.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 21, March 20

Serve:

Genuinely compliment someone who has been unkind to you.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 22, March 21

Pray:

Pray in silence when you wake up today. Say a prayer for the sick.

+ Give Up, Take Up, Lift Up +
Lent 2020

Sunday, March 22

Fast:

Wake up 30 minutes early before Mass and read a bible story.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 23, March 23

Serve:

Clean up a mess at home that someone else made (without complaining or expecting a thank-you.)

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 24, March 24

Pray:

Memorize a new prayer that you don't already know by heart.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 25, March 25

Fast:

Plan a meatless meal with your family to have on Friday night.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 26, March 26

Serve:

Offer to feed and water your pets. If you don't have a pet, offer to dust, sweep or vacuum around the house.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 27, March 27

Pray:

Pray for your parents today that they have a good day!

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 28, March 28

Fast:

Today give up saying anything negative about a friend or family member.

+ Give Up, Take Up, Lift Up +
Lent 2020

Sunday, March 29

Serve:

Write a poem of praise for each member of your family.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 29, March 20

Pray:

Write a thank-you letter to God. Thank Him for all the gifts He has blessed you with.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 30, March 31

Fast:

Put away a favorite video game, toy or something you play with often and don't take it back out until Easter Sunday.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 31, April 1

Serve:

At dinner tonight ask each family member to share one thing for which they are grateful.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 32, April 2

Pray:

Look up Psalm 118: 1-29
Read it with your family
tonight.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 33, April 3

Fast:

Jesus spent 40 days in the
desert. Imitate His example by
de-cluttering your room . Put all
gadgets, trinkets, and toys in a
box to be stored away.

+ Give Up, Take Up, Lift Up +
Lent 2020

Day 34, April 4

Serve: Read in your
bible:

Mark 10:41-45. Talk about
Jesus' teaching of "first"
and "last" place.

+ Give Up, Take Up, Lift Up +
Lent 2020

Palm Sunday
April 5

Pray: Read the story
of the Last Supper from
Scripture.

+ Give Up, Take Up, Lift Up +
Lent 2020

Holy Week
Day 35, April 6

Fast: Practice humility today.
Ask your parents "What's one thing
that I do that annoys you the
most?" Try to turn it into a positive
by practicing the appropriate
virtue.

+ Give Up, Take Up, Lift Up +
Lent 2020

Holy Week
Day 36 April 7

Serve: In your free time
today read from the
classroom bible John 12:26. If
you don't have time in class,
read it at home after school.

+ Give Up, Take Up, Lift Up +
Lent 2020

Holy Week
Day 37, April 8

Pray:

After school pray a decade of the rosary from the Sorrowful Mysteries.

+ Give Up, Take Up, Lift Up +
Lent 2020

Holy Thursday
Holy Week
Day 38, April 9

Serve:

Today read from your bible John 13: 1-17 about Jesus washing His disciples' feet.

+ Give Up, Take Up, Lift Up +
Lent 2020

Good Friday
Holy Week
Day 39, April 10

Fast: Abstain from eating meat at all meals today.

+ Give Up, Take Up, Lift Up +
Lent 2020

Holy Saturday
Holy Week
Day 40, April 11

Serve: Today color Easter eggs. Discuss with your family how they represent new life.

+ Give Up, Take Up, Lift Up +
Lent 2020

Easter Sunday
April 12

Pray: Go to Mass! Be a blessing to others!