











DISCONNECT TO RECONNECT LENT CHALLENGE 2026

-  Pray More
-  Use Less Technology
-  Do Good Deeds
-  Care for God's Creation
-  Spend Time with God
-  Help Others

How It Works:

-  Complete simple weekly challenges
-  Tick them off your sheet
-  Earn Marvellous Mes!
-  Win prizes!

This Lent, let's disconnect from distractions and reconnect with **God, kindness, and each other.**

Are you ready for the challenge? 

MY LENT JOURNEY

Name: _____

Class: _____

When you have completed them, hand this back to the School Councillor in your class at the end of Lenten journey!

Week 1 – Prayer

- ☐ I said an extra prayer
- ☐ I spent quiet time with God
- ☐ I went to Mass
- ☐ I learned about Jesus or a saint

Week 2 – Kindness

- ☐ I did a kind deed
- ☐ I made someone smile
- ☐ I said something kind
- ☐ I forgave someone or said sorry

Week 3 – Helping Others

- ☐ I helped at home
- ☐ I helped at school
- ☐ I let someone go first
- ☐ I invited someone to play

Week 4 – Caring for God's World

- ☐ I picked up litter
- ☐ I recycled
- ☐ I turned off lights to save energy
- ☐ I enjoyed being outside in nature

Week 5 – Giving & Sharing

- ☐ I donated clothes or toys
- ☐ I gave something to charity
- ☐ I shared with someone
- ☐ I saved food instead of wasting it

Week 6 – Growing Closer to Jesus

- ☐ I spent time without technology
- ☐ I prayed for someone else
- ☐ I talked about Jesus with someone
- ☐ I chose prayer over screentime