

# **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