

# Three Acts of Penance



## Prayer:

- Say an Our Father each day
- Pray before bed
- Pray before meals
- Ask my guardian angel to pray for me
- Thank God for my day each morning
- Pray for those who are poor

## Fasting:

- Give up candy
- Give up eating a snack
- Give up being unkind
- Give up television
- Give up being grumpy
- Give up electronics

## Almsgiving:

- Do chores to make money to donate
- Volunteer at church
- Give away toys I no longer use
- Buy a Christmas present for a child in need
- Give away clothes that no longer fit
- Ask neighbors to help donate food to those who are hungry

**Liturgical Year: Lent**