



# 40 WAYS *to* PREPARE FOR EASTER

- 1 ASK GOD FOR THE GRACE OF CONVERSION,** for your heart to return to and rest in him. “Bring us back to you, LORD, that we may return.” (*Lamentations 5:21*)
- 2 CONSIDER WHAT YOU NEED TO GROW IN HOLINESS THIS LENT.** What efforts might help you to grow in love of God and neighbor? In what circumstances do you need to avoid temptation or turn away from sin?
- 3 FIND A BUDDY.** Ask a friend to be your Lenten companion, praying for and supporting each other’s Lenten sacrifice. Or research a new saint whose intercession may support your Lenten practices.
- 4 SCHEDULE ADDITIONAL TIME FOR PRAYER.** Set an alarm on your phone or mark it on your calendar, whether it is spending time in adoration, attending daily Mass, or praying before you go to bed each night.
- 5 HELP FULFILL THE WISH LIST** of a local food pantry, homeless shelter, or soup kitchen. Look online or contact the organization to identify the most needed items and pick up a few while you are doing your own shopping.
- 6 AVOID DISTRACTIONS.** Give up mindless scrolling, binge watching, and other activities that prevent you from giving your full attention to God and others. Make an effort to be fully present to those around you.
- 7 COMMIT TO PEACE** by praying for an end of war and violence and working for peace in your own relationships and community.
- 8 EXAMINE YOUR CONSCIENCE DAILY.** Repent for the times you have failed to live according to God’s will and resolve to turn away from sin.
- 9 FAST FROM A MEAL OR SNACKS** one day each week. Donate the money you would have spent on that food to an organization working to eliminate hunger and food insecurity.
- 10 SEEK BEAUTY.** Go to an art museum, complete an online art tutorial, or simply look for beauty in your surroundings. As you gaze on the beautiful objects, give thanks to God who is the source of all beauty.
- 11 PRAY FOR THE DEAD.** Visit the cemetery and clean the gravesite of a loved one. Place photos in a visible place to remind you to pray for the souls of the faithful departed and all who love them.
- 12 INVITE GOD TO OPEN YOUR HEART AND MIND** to better hear his Word at Mass. Prepare by reading the Gospel in advance and reflecting on the words of Scripture.
- 13 COOK A MEAL TOGETHER** with others in your household or community. Plan the menu, purchase the ingredients, and enjoy the laughter and conversation that comes with dining together. Be sure to ask God to bless the food and the cooks!
- 14 RESTORE YOUR RELATIONSHIP WITH GOD.** Receive the healing and forgiveness offered through the Sacrament of Penance and Reconciliation. Check with your parish to find times for confession.
- 15 CLEAN OUT THE CLOSETS AND CABINETS.** Identify clothing, toys, or other items no longer needed or used. Donate the items that are in good shape and may be used by others.
- 16 RECOGNIZE THE MOST VULNERABLE IN YOUR COMMUNITY** and make an effort to learn about the issues and injustices that most affect them. Ask the Holy Spirit to inspire and guide you to find ways to make the world more just for all.
- 17 REDUCE CONSUMPTION.** Implement a spending freeze for all non-essentials. Turn off the television. Delete apps from your phone. When you find yourself looking for something to fill the void, turn to God in prayer.
- 18 JOURNEY WITH JESUS** by praying the Stations of the Cross. Contemplate what Jesus suffered for love of us.
- 19 MAKE REST A PRIORITY.** Get to bed earlier each night or designate each Sunday afternoon as a time of intentional rest. Even Jesus took naps.
- 20 BE A PERSON OF MERCY.** Provide a meal for a friend who has been ill or has a new baby. Leave beverages on your porch for delivery people. Donate clothing to the homeless shelter. Find other opportunities to offer works of mercy.
- 21 CONTEMPLATE THE REAL PRESENCE OF CHRIST IN THE EUCHARIST.** At Mass or adoration, ponder the gift that is Jesus—body, blood, soul, and divinity—truly present with us under the appearance of bread and wine.
- 22 BE STILL** and know that I am God. (*Psalm 46:10*)
- 23 RECOMMIT TO YOUR LENTEN SACRIFICE** or pick a new one. Remember that God never tires of offering us opportunities to begin again.
- 24 GIVE THE GIFT OF TIME.** Offer to babysit or provide respite to those who care for others.
- 25 FIND GOD AT WORK.** As you begin your work each day, ask God to help you recognize opportunities to share his love with others through word or example.
- 26 SHOW OTHERS KINDNESS** by offering encouragement, doing a favor, or simply smiling.
- 27 HONOR THE EARTH AS OUR SHARED HOME,** a gift from God entrusted to our care. Reuse and recycle goods and reduce pollution and consumption.
- 28 MAKE SOMEONE’S DAY** by sending a note or text to your spouse, child, parent, friend, or coworker sharing your gratitude and appreciation for him or her.
- 29 MEND ANY STRAINED RELATIONSHIP** by asking for and offering forgiveness. Ask God to help you forgive as he forgives.
- 30 REFRAIN FROM RUSHING.** Avoid hurrying through meals or tasks. Stay a few minutes longer at the end of Mass to pray. Sit at the table and enjoy the company and conversation. Relish the gifts God has given to you.
- 31 TAKE SHORTER SHOWERS.** Turn off the faucet while brushing your teeth. Be mindful of water that is wasted and learn about organizations that provide access to clean water.
- 32 GET OUTDOORS.** Go for a walk, run, or hike. Plan a garden or care for your yard. Look for signs of new growth and renewal. Thank God for the gift of creation.
- 33 BE PRESENT** to someone who is grieving, struggling with mental health issues, or may otherwise feel isolated or alone. Bring a meal, suggest an activity, or just sit with him or her.
- 34 PARTICIPATE** in a parish mission, day of service, or retreat. Use the opportunity to connect with other members of the Body of Christ. Check the parish bulletin or diocesan website for options.
- 35 AVOID THE SNOOZE BUTTON.** Get out of bed earlier than usual. Thank God for the new day. Use the extra time to pray, read the Gospel, or sit in silence with God.
- 36 PURSUE TRUTH.** God is Truth, so the teaching that comes from his revelation can be trusted. Join a Bible study, read an encyclical, watch videos, or listen to a podcast to learn more about God’s revelation and Church teaching.
- 37 IDENTIFY MOMENTS WHEN GOD IS PRESENT.** Become more aware of God’s presence in your daily life by praying the Examen.
- 38 GATHER** your loved ones and supplies to prepare for the celebration of Christ’s Resurrection. Set the menu, buy the groceries, and prepare the table. If someone you know will be celebrating alone, invite him or her to join your family’s celebration.
- 39 PREPARE FOR HOLY WEEK.** Plan how you will enter into Christ’s suffering, death, and resurrection. Invite someone to join you for the beautiful Holy Thursday, Good Friday, and Easter Vigil liturgies.
- 40 DESIGNATE TIME** on Good Friday or Holy Saturday to be silent and reflect on Jesus’ death. Remember that, through his death and resurrection, we have been redeemed. Although we will die, our lives will not end, but be transformed.