

## Lesson 19: worksheet



Lent is a time where we are called to refocus and live more simply while striving to be closer to God and to live more like Jesus taught us to live. Lent includes a focus on prayer, fasting, and almsgiving/service.

Make a plan for one thing you will do during Lent for each of the focus areas.

 <p>PRAY</p>	
 <p>FAST</p>	
 <p>GIVE</p>	