



# Catholic Central Activity Guide

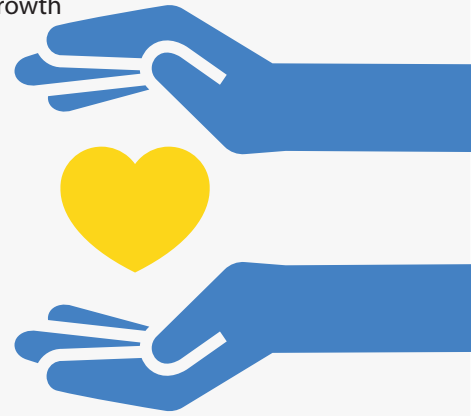
## Episode 36: Lent

### Diving Deeper

- ▶ What ways might God be inviting you to grow and stretch spiritually during this season of Lent?
- ▶ What might be some ways you feel called to be of service or extend your gifts to the poor during Lent?
- ▶ What might be some things you can let go of or fast from to create more space for growing closer to God?

### Go Forth

- ▶ **Prayer Plant:** Buy a small terra cotta plant pot. Maybe paint or draw with paint pens to personalize the pot. Fill it with soil and plant 1-3 marigold seeds in the soil. Write a Lenten prayer intention on a small strip of paper and roll it up and bury that too in the soil. Provide your plant light and enough water to keep the soil moist each day and observe as your plant grows, symbolizing the transforming growth through prayer that you're experiencing during Lent.
- ▶ Follow along with the daily readings during this Lenten season. Take 5-10 minutes to sit with the readings and notice if one word or phrase jumps out at you. Ponder it in your heart. See how the Lord may be inviting you to respond that day.



### Resources

- ▶ [What To Give Up For Lent: 25 Creative Ideas](#)
- ▶ [Lent: One Day At A Time For Catholic Teens](#)
- ▶ [Your Guide to a Catholic Lent](#)

