

I _____ resolve to keep the following Lenten resolutions.

God/Prayer/Humility

Devil

Pride of Life

1.

Rosary 1x, 2x, etc. Divine Mercy Chaplets

Holy Hour

Lectio Divina

Read Gospels

Daily Mass etc.

Fasting/Mortification

The Flesh

Concupiscence of the Flesh

2.

Drink Water

Eat food you don't like

Cold Showers

Extra Days of Fasting

Extra Days Abstinence

no pillow

sleep on floor

etc.

Almsgiving/Detachment

The World

Concupiscence of the Eyes

3.

Secular TV/Music

Secular Internet

Social Networking

Donate Clothes

Dress Simply etc.

Holy Mary, Mother of God, I beg of you to obtain from God the grace to keep these lenten resolutions.