



Photo by Amit Rudro for CRS

FOR LENT FOR LIFE

Lenten Prayer

Lord Jesus,

You call us to a conversion of heart during Lent, and you give us the tools to do this through prayer, fasting and almsgiving.

When we pray, help us remember the needs of our sisters and brothers. When we fast, help us offer our sacrifice in union with you.

When we give, help us recognize our gifts are from you so that we are generous with others.

AMEN

MAKE YOUR OWN RICE BOWL BY GLUING OR TAPING THE WRAPPER, ABOVE, TO A CONTAINER. THEN DISPLAY THE FORM, BELOW, ON YOUR FRIDGE.

WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

My Lenten Pledge

Name _____

For Lent, I will _____

And donate \$ _____

Turn in your gifts at the end of Lent,
or donate online at:
crsricebowl.org/donate

Make a Lenten Plan

PRAY

Set aside a time each week to pray and reflect.

FAST

Consider what you will give up for Lent to change the lives of others.

GIVE

Set a goal for your CRS Rice Bowl offering.

LEARN

Meet your global family. Discover stories, reflections and more at crsricebowl.org.