

Lent BINGO

Cross off a square as you complete it. Try to complete as many BINGOs as you can.

<u>BENEVOLENCE</u>	<u>INVOCATION</u>	<u>NEIGHBORLY</u>	<u>GIVE UP</u>	<u>OPT OUT</u>
Donate food.	Go to Mass.	Clean up litter at a local cemetery and pray for the souls of those who are departed.	Give up TV for a day.	Opt out of the negative: focus your thoughts, words, and actions on the positive for a day.
Donate clothes.	Wear a necklace, bracelet or clothing that reminds you of God's presence.	Volunteer to help someone clean their home/garage/yard, etc.	Give up sweets for a day.	Opt out of noise: talk only for essential communication and spend time in silent reflection for a day.
Donate toys.	Go to Confession.	Send a card to someone in prison.	Give up caffeine for a day.	Opt out of anger: approach disagreements with grace and dignity for a day.
Donate books.	Pray a decade of the Rosary.	Bring a meal to someone who is sick, grieving, or overworked.	Give up flavored beverages; drink only water for a day.	Opt out of selfishness: focus your actions on putting other people first for a day.
Donate money.	Read the day's Scripture passages.	Visit grandparents or an elderly neighbor.	Give up video games for a day.	Opt out of luxury: complete chores without modern conveniences for a day. (example: wash dishes by hand instead of using the dishwasher)