

## What you should really give up (or take up) for Lent:

- ❖ Snacking between meals.
- ❖ Trivia Crack.
- ❖ Plumber's crack.
- ❖ Instagram filters.
- ❖ Being a backseat driver.
- ❖ Listening to music in the car.
- ❖ Texting and driving.
- ❖ Making out.
- ❖ Using emojis to avoid talking about your true feelings.
- ❖ Talking about true feelings through text instead of in person.
- ❖ Not inviting your friends to Mass and Life Night because SCARY! Reputation!
- ❖ Rolling your eyes at your parents.
- ❖ Spitting out your gum on the street, parking lot, sidewalk.
- ❖ Wishing for someone else's life, relationship, or possessions.
- ❖ Complaining.
- ❖ The phrase, "I can't even."
- ❖ Only talking to Jesus when you need something.
- ❖ Only talking to Jesus when you "feel" like it.
- ❖ Wearing clothes that are too tight and draw attention only to your body.
- ❖ Pride. Instead pray the [Litany of Humility](#) every day.
- ❖ Being selfish. Give away something every single day, be it time, money, or something you own.
- ❖ Greed. Don't buy anything besides the essentials during Lent. Food. [Lent Companion](#). Transportation costs. Allergy medicine. Bare minimums!
- ❖ Laziness. Give up TV and commit to going to a walk every day and praying the rosary.
- ❖ Gossip. Write 40 affirmation notes (or a note every time you slip up and gossip).
- ❖ Impure thoughts and actions, fast from eating between meals and from sweets. Train your body to be obedient to your will.
- ❖ Saying "God" or "Jesus" outside of a prayer, memorize Ephesians 4:29 and repeat it on the hour, every hour during the day.
- ❖ If you lie, get up. Walking is cool.
- ❖ If you're angry, take up kickboxing.
- ❖ If you're complacent, take up Zumba.
- ❖ If you're my mom, please don't do either.
- ❖ If you're addicted to porn, sign up for [CovenantEyes.com](#).
- ❖ If you occasionally look at porn, sign up for [CovenantEyes.com](#).
- ❖ If you're an emotional eater, keep a food/feelings journal and find your triggers.
- ❖ If you're wasteful, volunteer once a week at a soup kitchen.
- ❖ If you have road rage, don't drive.
- ❖ Just kidding. See #28.
- ❖ If you don't trust God, pray the Chaplet of Divine Mercy every day.
- ❖ If you're judgemental, pray for every person you see.
- ❖ If you're vain, give up makeup or your mirror.
- ❖ If you have no idea what sins you struggle with, do an [examination of conscience](#) every night.
- ❖ Listen to [Fr. Mike's podcasts](#). He's cool and humble about being cool.
- ❖ Give up tanning. You so pret-taaaayyy... ahead-aaayyy...
- ❖ Watching VHS tapes and not rewinding them.
- ❖ Forgetting to water your plants.

- ❖ Forgetting to wear pants.
- ❖ Fake cleaning your room.
- ❖ Using the word “can’t.”
- ❖ Using the word “bae.”
- ❖ Using words that don’t glorify God. See #26.
- ❖ Bad jokes.
- ❖ Trolling online.
- ❖ Being sarcastic.
- ❖ But that’s impossible for you so forget it.
- ❖ Oh my gosh I need to stop being sarcastic. Pray for me.
- ❖ Do back to back to back novenas for the Life Teen Staff and Missionaries.
- ❖ Pizza.
- ❖ Gluten.
- ❖ Eating meat.
- ❖ Eating animal products.
- ❖ Talking about your special diet to get attention.
- ❖ Texting the opposite sex to get attention.
- ❖ Sexting.
- ❖ Sending snapchats of strangers.
- ❖ Sending snapchats to strangers.
- ❖ Not smiling at strangers.
- ❖ I’m on a roll with the strangers topic.
- ❖ PIZZA ROLLS. Sorry Tostinos.
- ❖ Not apologizing when you should because it’s hard to admit you’re wrong.
- ❖ Not going to [Confession](#) because it’s scary.
- ❖ Not dancing out of the Confessional with the joy of a innocent newborn!
- ❖ Getting your nails done.
- ❖ Making excuses to not go to daily Mass.
- ❖ Thinking about food all during daily Mass.
- ❖ Eating donuts as a reward after daily Mass.
- ❖ Sugar and/or creamer in your coffee.
- ❖ Drinking more than 1 cup of coffee.
- ❖ Underage drinking.
- ❖ Energy drinks.
- ❖ Soda.
- ❖ Buying spiritual books and not reading them.
- ❖ Buying into the idea that RELATIONSHIP GOALS should be like movies and Tumblr pictures.
- ❖ Not reading the lives of the saints because they “might” be boring.
- ❖ Not asking your favorite saints to intercede for you.
- ❖ Taking off your saint medals, saint bracelets, scapular...etc. Leave it on bruh.
- ❖ Leaving Facebook and/or Twitter open while you’re doing homework.
- ❖ Checking your phone every 2 minutes. (LOL. You know it’s 30 seconds.)
- ❖ Opening the fridge just to look at the same stuff that’s been there all day.
- ❖ Telling yourself you’re fat.
- ❖ And stupid. And anything less than the truth that you’re an amazing beloved child of God.
- ❖ Leaving lights on.
- ❖ Hiding your light under a bushel basket.
- ❖ Not instagraming the shizam out of your bushel basket because it’s rare to have one.
- ❖ The basket is metaphorical. #92 was sarcastic. Please go back to #54.

- ❖ Pulling the victim card when things go wrong.
- ❖ Being embarrassed when you need help from a therapist in order to live a happy, full life.
- ❖ Not going to counseling or therapy because you think it means you're weak. (Newsflash, it means you're the opposite — Hulk.)
- ❖ Pretending you don't have time to go to Adoration.
- ❖ Pretending you don't have time to pray at home.
- ❖ Staying closed off to the glory of God's presence around you all day 'ery day.
- ❖ Refusing to recognize God in your neighbor.
- ❖ And God in your family. Even the most annoying members. God loves them. How will you?
- ❖ Hiding your faith from those around you. It's Lent. Share what God is doing in your life these 40 days. #Lent