



Lent: An act of Love for each day at English Martyrs' Catholic Primary School

	Lent: An Act Of Love For Each Day Starting Wednesday 5 th March 2025						
	Day 1 Aim to have a holy Lent	Day 2 Say 'Thank you' without need	Day 3 Greet those you see every day with a smile!	Day 4 Remind others how much you love them	Day 5 Listen in silence without judging	Day 6 Help someone so that they can rest	Day 7 Separate what you do not use and give it to those in need
Make someone smile	Day 8 Telephone someone you have not seen in a while or write them a card	Day 9 Recognise the successes and qualities of others	Day 10 Give a break to someone who needs it	Day 11 Stop to help someone in need	Day 12 Cheer up someone who is sad	Day 13 Correct with love, do not silence with fear	Day 14 Always clean what you dirty at home
Be a good friend	Day 15 Always be gentle with others	Day 16 Protect creation, care for life and for the earth	Day 17 Accept each other as we are	Day 18 Bring hope to others, always believing in the best	Day 19 Look fondly on the world God gave us	Day 20 Respect each other	Day 21 Be in solidarity with the pain and suffering of others
Give your time to someone	Day 22 Pray for a family in your community	Day 23 Watch over the things of others and yours	Day 24 Convey trust to each other	Day 25 Do not succumb to temptations	Day 26 Confess your faults in Reconciliation	Day 27 Serve even if only a glass of water	Day 28 Forgive and ask forgiveness of others for your failings
Be forgiving	Day 29 Avoid words and attitudes that hurt others	Day 30 Visit an elderly person	Day 31 Practice charity with the less fortunate	Day 32 Proclaim the Gospel to every creature	Day 33 Smile and be always cheerful	Day 34 Care for others without restraint	Day 35 Praise without envy
Be a good human	Day 36 Cherish the little things around us	Day 37 Help to relieve the weight off someone's shoulders	Day 38 Work with each other on your ideas	Day 39 Touch the hearts of others with yours	Day 40 Celebrate the Lord's Passover		