



Lent offers a season to grow in our relationship with God. Some will do that by giving something up and some will take on something more. The links below give a wide variety of options that you might consider for your own personal Lenten plan or might do with your family or grandkids. The important thing: Lent is a time for change...how is up to you.

IDEAS FOR KIDS/TWEENS/TEENS

[Lenten Activities for Children](#)
[Works of Mercy Activity Chart](#)
[Lent at Home for Busy Catholic Families](#)
[Lent Family Calendar](#)
[Lent 40 Crosses Calendar](#)
[Catholic Mom - Lent Resources](#)
[15+ FREE Lent Activities and Prayers You Will Love](#)
[25 things for kids to spot during Palm Sunday and Triduum](#)
[Holy Week at Home](#)
[The Easter Triduum](#)

VIDEOS

[What Does Lent Mean? The Religion Teacher](#)
[What is Lent? Prayer, Fasting, and Almsgiving Explained](#)
[Songs to Journey with Jesus during Lent Pflaum Publishing](#)
[Ash Wednesday and Lent in Two Minutes Busted Halo](#)
[Lent FAQ with Joe Paprocki Loyola Press](#)
[Various Lent Topic Videos The Religion Teacher](#)
[Guided Prayer - Psalm 22 Catholic Kids Media](#)
[Palm Sunday \(Graphic Content\) Spirit Juice](#)
[Your Essential Guide to the Triduum Busted Halo](#)
[Do one thing for your marriage each day of Lent Surprised by Marriage](#)

CROSS CATHOLIC INFORMATION

[Water for Life Video](#)

A gift of \$49 can give WATER TO a family of 4 in Africa.



PODCASTS

[How Scripture Can Be Your Guide Through Lent...](#)
[Ave Maria Press Podcasts](#)
[Center for Action & Contemplation Podcasts](#)

STATIONS OF THE CROSS

[St. Alphonsus Liguori](#)
[Biblical Stations of the Cross](#)
[Montessori Stations of the Cross](#)
[Stations of the Cross for Children](#)
[Play Through the Stations of the Cross for KIDS](#)
[Pray the Stations of the Cross Online \(Vertical for Phone\)](#)
[A Short Way of the Cross Franciscan Stations](#)
[Stations of Cross Justice for All Women](#)
[The Stations Black Catholic Women Give Witness](#)
[Stations - pray w displaced people around the world](#)
[Catholic Social Teaching Stations of the Cross](#)

PERSONAL SPIRITUALITY

[Creation Justice Ministries Devotional](#)
[Daily Meditations Center for Action & Contemplation](#)
[Lent Resources/Xavier](#)
[Lent Reflection Calendar](#)
[Investment Education Regarding Laudato Si](#)
[Lectio Divina for Lent](#)
[Praying Lent/Creighton University](#)
[A Deeper Lent: A Time for Healing & Hope Pt 1](#)
[A Deeper Lent: A Time for Healing & Hope Pt 2](#)

LENTEN MUSIC

[90 Minutes of Traditional Hymnody](#)
[Songs of Hope](#)
[Christian Lent Playlist](#)

PINTEREST BOARDS

[Catholic Icing Lent Board](#)
[How to Make Palm Crosses](#)
[Lent Activity Ideas Diocese of Des Moines](#)