

Ash Wednesday: 2/18/26

Lent One Day at a time for Catholic Teens

Read Matthew 6:1-21 and write a brief note to Jesus giving your plans for Lent. Try three things that match the three disciplines of Lent: Prayer, Fasting, and Almsgiving.

Jesus, I am planning to make a holy hour, giving my time more fully to You. I also plan to fast from sweets, sodas, and snacking, TV, and video games. I plan to pray and reflect each night about the day before and pray and reflect on the Rosary. These things I plan to do in communion with the friends you have given me, uniting our sacrifices to You.

Magnificat Lenten Companion 2026

Why do we pray? To become closer to God. Then, to not spoil this, we must give our prayer to God and Him alone, not praying for the recognition of others. (Mt 6:21) Do as Jesus says and go to your upper room and pray.

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