This Lent, as we prepare for Christ’s Passion, Death, and Resurrection, we challenge you to ask yourself:

“WHAT NEW LIFE AM I HOPING FOR THIS EASTER?”

Campus Ministry has gathered 40 ways to help you live out the Lenten season of prayer, fasting, and almsgiving over the next 40 days.

• Find 10 minutes for prayer each day
• Use the stairs instead of the elevator
• Call your Mom or your Dad and say thank you
• Limit your time on social media
• Refrain from snoozing the alarm clock
• Say “no” to an extra commitment and use that time to reflect/pray
• Do something nice (anonymously) for someone you find really annoying
• Invite someone new to attend Mass with you each Sunday
• Give up your favorite food and offer it up to God
• Refrain from using single-use disposable plasticware
• Thank God for something that happened that day
• Receive the Sacrament of Reconciliation
• Pray the Rosary each week
• Attend weekly Stations of the Cross at the Basilica
• Instead of procrastinating, offer that task up for someone
• Pray for those becoming Catholic
• Make a list of what you are thankful for at the end of each day
• Honor your body and mind by getting more sleep
• Limit video games
• Reach out to an elderly person who may be alone or visit a nursing home
• Unplug on your walk between classes and use that time for a talk with Jesus
• Give up excess purchases (lattes, new clothes, sweet treats, etc.)
• Read the daily reflection at faith.nd.edu
• Work out your body at the gym and your mind with a good spiritual reflection
• Limit your water usage
• Spend time with Jesus at Adoration
• Stop saying “I’m tired” and “I’m stressed out”
• Go to the Grotto and say a prayer for the needs of the world
• Be present in public places instead of hiding behind your phone
• Go to daily Mass
• Practice genuine forgiveness
• Volunteer at a local soup kitchen or homeless center
• Donate extra clothes or items to the poor
• Attend Sunday Lenten Vespers at the Basilica
• Do a small random act of kindness each day
• Invite someone to lunch who may be going through a difficult time
• Reach out to someone in your section that you don’t know well and invite them to the dining hall
• Write a letter to a loved one once a week
• Practice patience with your friends and family
• Write a note to thank someone who has helped you

#ND40WAYS40DAYS
WHAT NEW LIFE AM I HOPING FOR THIS EASTER?