


# Lent Sorting Activity - Almsgiving, Prayer and Fasting

During Lent, we try to grow closer to God by focusing on prayer, almsgiving and fasting in our everyday lives. Sort the illustrations into the chart below to give examples of prayer, almsgiving and fasting.

 <p>Saying morning and night time prayers</p>	 <p>Giving to charity</p>	 <p>Going to Mass</p>	 <p>Giving love</p>
 <p>Giving friendship</p>	 <p>Praying the Rosary</p>	 <p>Giving time to others</p>	 <p>Participating in Stations of the Cross</p>
 <p>Doing without some of our treats</p>	 <p>Adults not eating meat on Fridays</p>	 <p>Giving food/clothing to those in need</p>	 <p>Singing hymns</p>

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Almsgiving	Prayer	Fasting