

Sacrifice and Penance Ideas

- *Get a drink of water for someone.*
- *No salt and pepper for meals. No sweetener in tea or on cereal.*
- *Go without water for a certain amount of time.*
- *Write a note to someone in your family telling them you're grateful for them.*
- *Clean up someone's mess without being told.*
- *Make someone's bed.*
- *Switch loads of laundry.*
- *Stay quiet when you feel like talking. Choose an amount of time to be quiet every day.*
- *Be agreeable when you want to be disagreeable.*
- *Practice right away obedience: all the way, right away, and with a happy heart.*
- *Say 3 Hail Mary's or a decade of the Rosary for someone or in reparation for sins.*
- *Pray a novena for someone to receive more graces.*
- *Go without a meal.*
- *If you're cold, offer it up. Don't complain about the weather.*
- *Get up a little earlier, or be sure to get up when called.*
- *Do your schoolwork and chores without complaining. Go to bed without complaining.*
- *If you can't sleep, say some prayers.*
- *Say, "My Jesus, Mercy" frequently.*
- *Make many Acts of Spiritual Communion daily.*
- *Frequently meditate on the Passion of Jesus. Just gaze at a picture of Him, and see how much He loves you. Ask for the grace to love Him more and more.*