

KEEP IT SIMPLE FOR LENT ACTION PLAN 2025

This Lent, Caritas challenges YOU to piece together love and hope through acts of praying, fasting, and almsgiving. Each small action shown here helps restore hope, one piece at a time. Let your prayers, sacrifices, and generosity speak through kindness, compassion, and love, making a real difference in the world.

Week 1: Journey Te Haerenga

Help a sibling or friend with their homework.	Fast from complaining during your day.	Pray for someone beginning a new journey or challenge in their life.
	Create your own	
Share a toy or game with someone.	Fast from using a digital device for one hour to reflect on your journey with God.	Ask God for guidance on your personal journey.

Week 2: Transformed Kua Whakahoutia

Help tidy up a shared space at home or school.	Fast from negative self-talk and practice positive faith affirmations.	Pray for strength to change a bad habit.
	Create your own	
Donate used in good condition clothes or toys to someone in need.	Fast from TV or video games for one day to focus on personal growth.	Read a Bible story about transformation, such as the story of Zacchaeus.

Week 3: Impact Te Pānga

Write a letter to someone who has made a positive impact in your life.	Fast from snacks between meals to reflect on those who don't have enough food.	Pray for leaders who are making decisions that impact the world.
	Create your own	
Offer to help a neighbour with yard work, groceries, or chores.	Fast from speaking negatively about others.	Pray for people impacted by natural disasters or conflicts.

Week 4: Hope Te Tūmanako

Send a message of hope to someone feeling down.	Fast from social media for a day and focus on spreading hope in person.	Pray for those who have lost hope.
	Create your own	
Make a small donation to the Caritas Lent Appeal.	Fast from purchasing anything unnecessary for one day.	Thank God for the hopeful moments in your life.

Week 5: Love Te Aroha

Bake a treat for a neighbour or friend.	Fast from speaking unkind words, focusing on spreading love through your words.	Pray for families in need of love and support.
	Create your own	
Help someone with a task they're struggling with.	Fast from impatience and practice loving patience with others.	Thank God for the people who love you.

Week 6: Unity Te Kotahitanga

Share a meal with someone new and get to know them.	Fast from exclusion by inviting someone to join your group.	Pray for unity in your family, school, and the world.
	Create your own	
Invite a friend to join you in a fun activity.	Fast from arguing and practice unity in your conversations.	Pray with others for peace and unity in the community.

Piece by piece, we restore hope – your compassion in action!
 Ifti nei, ifi nei, ka whakapiki anō māfou i te tūmanako – tō pūaroa e whakatīmanatia ana!



ALMSGIVING FASING PRAYER