

Lenten Fasts

Tweet for Mardi Gras: Lent starts tomorrow! We're sending out tweets with ideas on how you can fast in different ways this Lent Look for "Lent Ideas."

1. Lent Ideas: What television show will I watch tonight? Should I fast from some shows this Lent?
2. Lent Ideas: Are there songs that I listen to that I wouldn't want others to hear? Should I fast from them?
3. Lent Ideas: Is there someone at work or school who I should avoid spending time with this Lent?
4. Lent Ideas: How do my choices in magazines or books reflect my understanding of healthy sexuality and relationships?
5. Lent Ideas: How much time do I spend on line? Should I fast from going on line one day this week?
6. Lent Ideas: How fast do I drive? Could I slow down, save gas and be more courteous on the road?
7. Lent Ideas: Do I gossip? Can I fast from spreading rumors or bad feelings about another person today?
8. Lent Ideas: How much money do I spend on things I do not need? Can I use my money differently? Could I give some to others?
9. Lent Ideas: Do I gamble? Could I donate any money that I would spend on lotteries, scratch off cards, etc.?
10. Lent Ideas: How do I speak with the ones I love? Should I fast from using certain names or saying certain things to them this Lent?
11. Lent Ideas: Should I fast from some of my political views this Lent?
12. Lent Ideas: Do I use curse words or negative language? Could I fast from using that language today?
13. Lent Ideas: Do I interrupt people while they are speaking? Do I allow them to fully express themselves and truly listen?
14. Lent Ideas: Am I honest? Do I need to fast from lying this Lent? Do I constantly tell "little white lies?"
15. Lent Ideas: Could I fast from personal "treats" like manicures, facials, etc.?
16. Lent Ideas: Could I fast from being too hard on myself?

17. Lent Ideas: How much time do I spend with friends compared to time with my family? Should I change the ratio?
18. Lent Ideas: How much time do I spend watching sports? Could I fast from watching an "important" game to spend time with someone new?
19. Lent Ideas: Could I fast from my self-consciousness and welcome someone new or different into my circle of friends?
20. Lent Ideas: Am I jealous of someone in my life? Can I fast from my feelings of envy and try to be grateful for the gifts in my life?
21. Lent Ideas: What websites do I visit? What do my choices say about what I believe? Should I fast from certain sites?

22. Lent Ideas: Do I disagree with some Catholic teaching? Could I fast from my disagreement and learn more about the Catholic teaching?
23. Lent Ideas: Do I offer my opinions when not asked? Could I fast from offering advice that is not welcome?
24. Lent Ideas: Do I let my anger control me? Could I fast from letting my anger change how I treat people?
25. Lent Ideas: Do I set unreasonable demands on my friends, employees, students, or children? Could I fast from that this Lent?
26. Lent Ideas: How often do I eat out? Could I fast from restaurants and spend time cooking a meal with family or friends?
27. Lent Ideas: Could I fast from texting this Lent? This week? This day? For an hour?

28. Lent Ideas: Could I fast from driving one day a week?
29. Lent Ideas: Could I fast from complaining?
30. Lent Ideas: Do I steal “little things” from work, school or friends? Could I fast from that this Lent?
31. Lent Ideas: Do I talk on my cell phone in the car? Could I fast from that and pray or listen to an inspirational CD instead?
32. Lent Ideas: Could I fast from using stereotypes or accepting certain prejudices as true?
33. Lent Ideas: Could I fast from using my GPS today and ask someone for directions instead?
34. Lent Ideas: How much time do I spend on social networking sites? Could I fast from them this Lent? For one day a week?
35. Lent Ideas: Can I fast from “corporate coffee” and try a local coffee shop or drink fair trade coffee?
36. Lent Ideas: How much time do I spend playing computer or hand held video games? Could I fast from that this Lent?
37. Lent Ideas: Can I fast from being lethargic this Lent and spend some time walking or exercising? Could I invite a friend to join me?
38. Lent Ideas: How often do I point out the negative in a situation? Could I fast from being negative and try to make positive comments?
39. Lent Ideas: Do I “demonize” people who disagree with me? Could I fast from thinking the worst of others?
40. Lent Ideas: Could I fast from over-scheduling myself or my children?