

Week \_\_\_\_

\_\_\_\_\_ 's promises



prayer



love / charity



sacrifices / fasting

Week \_\_\_\_

\_\_\_\_\_ 's promises



prayer



love / charity



sacrifices / fasting

Week 1

## Mary's promises



prayer

Before going to sleep, I will read a passage from the Bible

I will set the table and help with the cleaning afterwards



love / charity



sacrifices / fasting

I will not buy sweets, instead I will give the money to charity

An example of how to fill in the card

