

Pray-Fast-Give dice for home

Background

Ash Wednesday marks the beginning of Lent, a time when Christians really intentionally prepare for the celebration of Easter. In the Catholic tradition, we do this in three ways: We pray and spend time with God, we make room for God by fasting from things that usually fill our time, attention or our bellies; and give to others through alms-giving which puts our love for others into action.

These PRAY-FAST-GIVE dice are a fun way to engage the your whole family in these three pillars of Lent, as you journey together towards Easter!

To make these dice just follow the instructions below:

You will need:

- Printouts of the following pages (We suggest printing them on card)
- Scissors
- Glue/Tape
- Optional: To make your dice bigger, print on A3 card



Instructions:

1. Print the attached pages of the dice
2. Cut around the dice outlines, being careful not to cut off any flaps.
3. Fold the dice template along all the lines.
4. Fold and glue the sides together, ensuring that the flaps go inside the die.
5. Roll the die to see how you might PRAY-FAST-GIVE today
6. If you want to create die with you own ways to PRAY-FAST-GIVE use the blank die templates. Just remember to write your PRAY-FAST-GIVE ideas on the die template *before* you fold and glue!

You have two options to choose from:

- Make one dice with all three - pray, fast and give
- Make three dice that each focus on just one of these pillars of Lent.

PRAY

**Be still, close your eyes and pray
'Come Holy Spirit' 10 times**

**Pray the Sign of the Cross slowly
3 times**

PRAY

PRAY

Give thanks to God for 5 things that happened today

PRAY

Think of 3 people and ask God to bless them today

PRAY

Tell God 4 things you think are the coolest in all Creation

PRAY

Be still, breathe gently, close your eyes and picture Jesus for 1 minute











