



SPIRITUAL BINGO for the YOUTH



<p>COUNT YOUR BLESSINGS List at least 12 things that you have been blessed with</p>	<p>GET OUTSIDE Take a 10 minute break and thank God for the beauty that surrounds you</p>	<p>BREATHE PRAYER Pray the Jesus Prayer or Our Father for 15 minutes a day for a week</p>	<p>UNPLUG Put aside the cell phone and spend quality (at least 3 hours) time with your friends and family</p>	<p>MASTER OF VERBAL APPRECIATION Give someone you don't know a compliment</p>	<p>BE THE PART OF LENT PROJECT Take an active part in the New Lent project for the youth posted on http://skeparchy.org/ucya/new-lent-project-for-the-youth/</p>
<p>TURN IT OFF For one evening turn off the TV, (yes that includes Netflix) and read the Bible</p>	<p>BEDTIME BLISS Take your time thanking God for all the graces he has bestowed upon you that day</p>	<p>SAY THANK YOU Tell your parents how much you love them and appreciate their everyday care</p>	<p>FREE UP SPACE Confession frees up space in your heart</p>	<p>BE STILL BE SILENT Shut out the noise and quietly listen to the nurturing voice of God for at least 30 minutes</p>	<p>FORGIVE Forgive someone you have been holding a grudge against or say sorry to someone you may have hurt</p>