



## **Lenten calendar**

*This Lent, you are invited to pray with a line of God's Word each week and to act out that Word daily in your own life.*

### **Ash Wednesday: *Turn away from sin and believe in the Good News***

Thurs: Let God reveal his Good News to you  
Fri: Turn away from what keeps you from God  
Sat: Fast from unkindness

### **1<sup>st</sup> Sun of Lent: *Be with me, O Lord, in my distress***

Mon: Let God walk through your day with you  
Tues: Pray for those who have forgotten how to trust  
Wed: Fast from jealousy – love the giftedness in others  
Thurs: Remember those who have been betrayed  
Fri: Let your prayer be for the ones who live in sadness and loss  
Sat: Be a loving presence to all you meet today

### **2<sup>nd</sup> Sun of Lent: *The Lord is my light and my help***

Mon: Thank God for the gift of love in your life, wherever you find it  
Tues: Give thanks for those who reveal God to you  
Wed: Clothe those you meet in loving kindness.  
Thurs: Pray for those who feel they walk alone or in darkness  
Fri: Fast today in solidarity with those who never have enough to eat  
Sat: Cherish those who shine light on your life today

### **3<sup>rd</sup> Sunday of Lent: *The Lord is compassion and love***

Mon: Pray for loved ones who show us a glimpse of God's love  
Tues: Make an effort with someone you find difficult – be compassionate  
Wed: Let the News today call you to pray for others  
Thurs: Take time today to believe in God's love for you  
Fri: Fast with Jesus who is compassion and love  
Sat: Show love for someone else today

**4th Sun of Lent: *Taste and see that the Lord is good.***

Mon: Take time today to taste your life...see, smell, hear, feel!  
Tues: Give to those who are in need  
Wed: Pray for those who feel unloved  
Thurs: Fast from what does not bring life  
Fri: Pray for the gift of trust in God  
Sat: Cherish the unexpected moments of wonder

**5th Sun of Lent: *What marvels the Lord worked for us! Indeed we were glad.***

Mon: Let your heart be filled with God's view of life  
Tues: Fast from selfishness; go the extra mile today for someone else  
Wed: Welcome the stranger, in yourself as well as in your neighbour.  
Thurs: Pray for those whose hearts are filled with anger and disappointment  
Fri: Remember those who struggle to find gladness.  
Sat: Give to the poor

**Palm Sunday: *Blessed is he who comes in the name of the Lord***

Mon: Be just in all you say and do  
Tues: Let the blessings of others be a source of joy for you  
Spy Wed: Pray for those whom we have betrayed and those who have betrayed us  
Holy Thurs: Sharing a meal makes us family – look around at your family  
Good Friday: Fast and pray  
Holy Sat: Wait with Mary and the disciples