



## Lenten calendar 2021

*This Lent, you are invited to pray with a line of God's Word each week and to express that Word in action each day.*

### **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: *Your ways, Lord, are faithfulness and love***

Mon: Thank God for the gift of love in your life, wherever you find it

Tues: Pray for those who have forgotten how to love

Wed: Fast from jealousy – love the giftedness in others

Thurs: Remember those who are struggling at this time

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: *I will walk in the presence of the Lord***

Mon: Let God walk through your day with you

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

Fri: Fast today in solidarity with those who never have enough to eat

Sat: Cherish those who are in your life today

### **3<sup>rd</sup> Sunday of Lent: *Lord, you have the message of eternal life***

Mon: Notice signs of new life around you and give thanks

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

**4th Sun of Lent: *God loved the world so much that he gave his only Son***

Mon: Pray for loved ones who show us a glimpse of God's love

Tues: Make an effort with someone you find difficult

Wed: Let the news today call you to pray

Thurs: Fast with Jesus

Fri: Take time today to believe in God's love for you

Sat: Show love for someone else today

**5th Sun of Lent: *Create in me a new heart, O God***

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 hatred

Fri: Remember those who live in darkness and despair

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