



Lenten calendar 2024

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.

1st 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 have been betrayed;
Fri: Fast from water wastage – many live in places of drought;
Sat: Be a loving presence to all you meet today.

2nd Sun of Lent: *I will walk in the presence of the Lord*

- Mon: Notice God in people and nature as you walk through this day;
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.

3rd Sun of Lent: *Lord, you have the message of everlasting life*

- Mon: Notice signs of new life around you and give thanks for the gift of creation;
Tues: Give – money, time, commitment - to those who are struggling;
Wed: Pray for those who are most impacted by climate change;
Thurs: Fast in solidarity with those denied life's basics;
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 for those around the world;
Thurs: Take time today to believe in God's love for you;
Fri: Fast with Jesus and remember those who fast because they have no food;
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 neighbor;
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, especially those most impacted by climate change.

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 with those who hope for food and water;
Holy Sat: Wait with Mary and the disciples.

Easter Sunday – He is Risen, Alleluia, Alleluia