

LENT 2019 40 WAYS TO SPEND THE 40 DAYS

SUN

MON

TUE

WED

THU

FRI

SAT

MARCH 06
FAST & ABSTINENCE

SPIRITUAL WORK **07**

ABSTINENCE **08**

CORPORALWORK **09**

THREE PILLARS OF LENT

PRAYER • FASTING • ALMSGIVING

TIP: Include the SPIRITUAL AND CORPORAL WORKS OF MERCY in your Lenten service.



ASH WEDNESDAY
When you give alms, do not let your left hand know what your right is doing (MT 6:3).

Give your ego a break. Send an anonymous gift.

Whoever loses his life for my sake will save it. (LK 9:24).

COUNSEL THE DOUBTFUL: Lend a patient ear to someone today.

This is the fasting that I wish: releasing those bound unjustly (IS 58:6).

Let go of a long-held grudge.

Follow me (LK 5:27).

FEED THE HUNGRY: Begin a weekly collection for the food bank.

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SPIRITUAL WORK **14**

ABSTINENCE **15**

CORPORALWORK **16**

[Jesus] was led by the Spirit into the desert for forty days. (LK 4:1).

Pray to be freed from your greatest temptations.

What you did not do for one of these least ones you did not do for me (MT 25:45).

Offer your support to an asylum seeker.

[God] knows what you need before you ask (MT 6:8).

Anticipate the needs of others today before they ask.

All of them, great and small, put on sackcloth (JONAH 3:5).

Ask someone you've hurt for forgiveness.

Do to others as you would have them do to you (MT 7:12).

INSTRUCT THE IGNORANT: Volunteer to tutor or mentor someone.

Go first and be reconciled with your brother (MT 5:24).

Check yourself from criticizing a loved one.

He is to be your God and you are to walk in his ways (DT 26:17).

VISIT THE SICK: Call or visit someone ailing.

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SPIRITUAL WORK **21**

ABSTINENCE **22**

CORPORALWORK **23**

Becoming fully awake, they saw his glory (LK 9:32).

Enlighten yourself with an hour of spiritual reading.

Give and gifts will be given to you (LK 6:38).

Support religious vocations: VocationFund.org.

[Joseph] did as the angel of the Lord had commanded him (MT 1:24).

Give God your attention today. Start with a morning prayer.

The Son of Man did not come to be served but to serve (MT 20:28).

Offer to do a chore for someone who looks up to you.

Cursed is the one whose heart turns away from the LORD (JER 17:5).

ADMONISH THE SINNER: Help someone find their way.

The Kingdom will be given to a people that will produce its fruit (MT 21:43).

Conserve water. Support efforts such as [Sister Water Project](http://SisterWaterProject.org).

This man welcomes sinners and eats with them (LK 15:2).

VISIT THE PRISONERS: Aid an inmate in your area.

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SPIRITUAL WORK **28**

ABSTINENCE **29**

CORPORALWORK **30**

If you do not repent, you will all perish (LK 13:5).

Say an Act of Contrition and map out a way to avoid the same mistakes.

Nothing will be impossible for God (LK 1:37).

Examine your fears and trust that God can guide you through them.

Deal with us in your kindness and great mercy (DN 3:42).

Pay it forward and offer kindness and mercy to all you meet today.

Whoever breaks the least of these commandments will be called least (MT 5:19).

Even little white lies diminish you. Keep it real today.

Whoever is not with me is against me (LK 11:23).

FORGIVE INJURIES: Accept an apology graciously.

The Lord our God is Lord alone (MK 12:29)!

Abstain from false gods (pride, power) that turn you from God.

It is love I desire, not sacrifice (HOS 6:6).

GIVE DRINK TO THE THIRSTY: Offer to care for a baby or senior today.

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APRIL 01

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SPIRITUAL WORK **04**

ABSTINENCE **05**

CORPORALWORK **06**

We are ambassadors for Christ (2 COR 5:20).

Share the gospel with others. [Take Five for Faith](http://TakeFiveforFaith.org) can help.

There shall always be rejoicing and happiness in what I create (IS 65:18).

Take a long walk outside and enjoy God's creation.

Do you want to be well (JN 5:6)?

Ask for help. Offer help. It's that simple.

I will never forget you (IS 49:15).

Fast from doubt today. Believe that love exists, God is love, and God loves you.

He was a burning and shining lamp (JN 5:35).

COMFORT THE SORROWFUL: Be a shining light to the heartbroken.

Jesus cried out in the temple area (JN 7:28).

Be angry but sin not. Protest an injustice free from malice.

This is the Christ (JN 7:41).

SHELTER THE HOMELESS: See Christ in a street person. Lend a helping hand.

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SPIRITUAL WORK **11**

ABSTINENCE **12**

CORPORALWORK **13**

In the desert I make a way (IS 43:19).

Take time to discern life choices. [VISION Vocation Guide](http://VISIONVocationGuide.org) can help.

I am the light of the world (JN 8:12).

Be a light for others. Smile and be quick to laugh all day.

The one who sent me is true (JN 8:26).

Be true to yourself. Live authentically. Start today.

The truth will set you free (JN 8:32).

Call a member of Congress or local bishop and speak truth to power.

I will maintain my covenant with you (GN 17:7).

BEAR WRONGS PATIENTLY: Trust that the Truth will out.

The LORD is with me, like a mighty champion (JER 20:11).

Remember you are not alone. Ask for God's help today.

This man is performing many signs (JN 11:47).

GIVE ALMS TO THE POOR: Donate an Easter meal to a needy family.

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SPIRITUAL WORK **18**

FAST & ABSTINENCE **19**

CORPORALWORK **20**

This is my body, which will be given for you (LK 22:19).

Be passionate in your daily prayer. Put your body and soul into it.

I, the LORD, have called you (IS 42:6).

Wear a crucifix to remind yourself of your true mission.

Will you lay down your life for me (JN 13:38)?

Make one sacrifice for the sake of another today.

The appointed time draws near (MT 26:18).

Review your bucket list and be sure drawing closer to God is in the mix.

I have given you a model to follow (JN 13:15).

HOLY THURSDAY PRAY FOR THE LIVING AND THE DEAD: Say the Lord's Prayer.

It is finished (JN 19:30).

GOOD FRIDAY

Honor Jesus' sacrifice. Pray the Stations of the Cross.

They remembered his words (LK 24:8).

HOLY SATURDAY BURY THE DEAD: Send a note to someone in mourning.

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Let us celebrate the feast (1 COR 5:8)!

EASTER SUNDAY Love conquers death! Spread the Good News!



Now look to the Beatitudes as the way to remain in the glory of God's Passion and Resurrection.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are they who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the land.
Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
Blessed are the merciful, for they will be shown mercy.
Blessed are the clean in heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.
Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven (MT 5:1-10). **Rejoice and be glad!**