

***Lent is...a time to reflect, a time to pray,
a time to fast, a time to give***



Sunday, March 1 First Sunday of Lent

“The kingdom of God is at hand. Repent and believe in the gospel.” ~Mark 1:15

Action: Make a commitment to spend time each day reflecting on your relationship with God.

Monday: Make an examination of conscience.

Tuesday: Pray for someone who has hurt you.

Wednesday: Forgive someone who has hurt you.

Thursday: Make amends with someone you have wronged.

Friday: Pray for a family member you don't get along with & begin to reconcile the relationship.

Saturday: Go to confession.

Sunday, March 8 Second Sunday of Lent

“This is my beloved Son. Listen to him.” ~Mark 9:7

Action: Make a commitment to fast from something that gets in the way of your relationship with God.

Monday: Seek a silent place to meet God today. Light a candle and sit with God without saying a word. Feel the presence of God from within.

Tuesday: Give up a half hour of internet time and use the time to journal or read a spiritual book.

Wednesday: During lunch, turn off your cell phone. Find a quiet place, and listen for the Lord.

Thursday: Turn off the television for an hour. Be with God.

Friday: While driving, turn off the radio and pray.

Saturday: Rather than shopping, spend some time outdoors and let God speak to you through nature.

Sunday, March 15 Third Sunday of Lent

“...but we teach Christ crucified...the power of God and the wisdom of God.”

~1 Corinthians 1:23-24

Action: Decide to take up your cross each day and not complain.

Monday: Make a large cross with two branches and display it in a prominent place in the house. Add the inscription "If you love me, take up your cross and follow me."

Tuesday: Today embrace a difficult task and know that God will bless your efforts.

Wednesday: Spend 15 minutes in front of the crucifix and thank Jesus that He has given His life for you.

Thursday: Pray the rosary, meditating on the Sorrowful Mysteries.

Friday: Participate in the Stations of the Cross.

Saturday: Take \$3 worth of food from your kitchen shelves and bring it to church for the Whiting/Robertsdale Food Pantry collection.



(continued on other side)

Lent is...a time to reflect, a time to pray,



a time to fast, a time to give

Sunday, March 22 Fourth Sunday of Lent

“For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.”~ Ephesians 2:10

Action: Remember that people and relationships are what is important, not things. Commit to being genuinely present to God and others.

Monday: Realize that each person you meet today is sacred. Bow to them inwardly.

Tuesday: Spend 20 minutes in contemplative prayer. Sit quietly. Still your mind. Breathe easily. Be with God.

Wednesday: Today give warmer handshakes, more caring hugs, use gentler words. Touch others with your peace.

Thursday: Fast from anger; feast on patience.

Friday: Meditate on Jesus' passion, beginning with the gospel of Mark, chapter 15.

Saturday: Bask in God's love for you, which is so great that Christ lived as a human and died for you, so that you might live forever with Him. (see John 3:16)

Sunday, March 29 Fifth Sunday of Lent

“I will place my law within them and write it upon their hearts; I will be their God, and they shall be my people.” ~Jeremiah 31: 33

Action: Live your faith by reaching out to others. Start by contributing to the St. Vincent de Paul Society in today's 2nd collection.

Monday: Send a note or card to someone who is homebound or ill.

Tuesday: Reduce your water consumption today. Water is abundant here. Pray for those who yearn for it.

Wednesday: Donate some gently used items to those in need.

Thursday: Explain the true meaning of Easter to a child in your life.

Friday: Make a connection with someone by phone or in person whom you haven't seen or taken time for in a while.

Saturday: Reflect on how your relationship with God has improved. What actions can be sustained to continue your journey with Christ?

