

Living Faith @ HOME



Lent started with Ash Wednesday and will continue until the Saturday before Easter. Lent is a season of 40 days (plus 6 Sundays) that lead up to Easter. For us it is a time of reflection and repentance in preparation for Easter.

The imposition of ashes – when you receive ashes in the sign of the cross on your forehead – sets the tone for Lent. Each moment you

encounter your reflection, your ashes are a striking reminder that “you are dust, and to dust you shall return” (Genesis 3:19b). But the cross, a symbol of Jesus’ crucifixion, offers hope.

It is a solemn time with prayer, fasting and giving. It is a time for us to reflect on the gift of grace given to us and the sacrifice that Jesus made. Some people choose to give up something that they enjoy for Lent. Maybe chocolate or television. They do this as an act of self-discipline and to remember the sacrifice that Jesus made on the cross.

Others choose to fast, giving up a meal or an entire day of eating. All these things are to help us focus on what Jesus did on Good Friday and Easter. During Lent, one way to grow in faith is to pray daily. Think about the things you pray for each day.

Psalm 33:20-22 We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

Psalm 130:5-6 I wait for the Lord, my whole being waits, and in his word, I put my hope. I wait for the Lord more than watchmen wait for the morning.

Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

1 Peter 5:6-7 Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Jeremiah 29:12 Then you will call on me and come and pray to me, and I will listen to you.


Psalm 33:20-22 We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

Psalm 25:4-5 Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

All of these Lent Bible verses are taken from the NIV version of the Bible.



MARCH/APRIL LENTEN CALENDAR Feb 28-April 4

<h1 style="text-align: center;">LENTEN FAMILY CALENDAR</h1> 						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Second Sunday of Lent</p> <p>Forego a favorite TV program for a week.</p>	<p>Go through your closets and donate usable clothing and household goods to a local charity.</p>	<p>Pay attention to someone you are tempted to brush aside.</p>	<p>Fast from gossip.</p>	<p>Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.</p>	<p>Fast from e-mail, text messaging, or both for a day.</p>	<p>Speak less and listen more. Give others the gift of your undivided attention.</p>
<p>Third Sunday of Lent</p> <p>Pray while you go for a walk.</p>	<p>Fast from overscheduling your time. Leave some time to simply be.</p>	<p>Curtail your extra spending and donate what you save to your chosen charity.</p>	<p>At the end of the day, take time to thank God for all the graces you received during the day.</p>	<p>Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.</p>	<p>Fast from the habit, substance, practice, or mindset that most stands in the way of your growing closer to God.</p>	<p>While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.</p>
<p>Fourth Sunday of Lent</p> <p>During prayer, picture yourself meeting Jesus in a scene from the Gospels. Imagine your reaction and response.</p>	<p>Send a greeting card or a letter to a relative, friend, or fellow parishioner who is homebound.</p>	<p>Fast from eating food mindlessly, that is, from not even bothering to taste it.</p>	<p>Clean up a common area at work, in the neighborhood, or at home. Do it as a gift for the good of all.</p>	<p>Invite a widowed neighbor to join your family for a meal.</p>	<p>Fast from worrying. Trust God instead.</p>	<p>Plant a tree that will benefit future generations.</p>
<p>Fifth Sunday of Lent</p> <p>Pray for the willingness to seek forgiveness from people you have hurt.</p>	<p>Fast from light. Sit by the light of one candle in your home. Remember that Jesus has called you to be a light for the world.</p>	<p>Make a prayer out of performing a loving action for others. For example, when you take out the garbage or help your child with homework, do it mindfully.</p>	<p>Pick a day when you fast from using electronic appliances.</p>	<p>When you see or hear a news story about someone in trouble, pray for the person as a family.</p>	<p>Fast from hitting the snooze alarm. Get up and use the extra time for prayer.</p>	<p>At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.</p>
<p>Palm Sunday of the Lord's Passion</p> <p>Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection.</p>	<p>Monday of Holy Week</p> <p>Volunteer for a parish program that helps those in need.</p>	<p>Tuesday of Holy Week</p> <p>Let a favorite hymn run through your mind as a prayer.</p>	<p>Wednesday of Holy Week</p> <p>Fast from comparing yourself to others. We are all one in God.</p>	<p>Holy Thursday</p> <p>Recognize your own needs and give them their due. Allow others to help you from time to time.</p>	<p>Good Friday of the Lord's Passion</p> <p>Fast from complaining. Notice how often you are tempted to complain!</p>	<p>Holy Saturday</p> <p>Be mindful of all that God has done for you.</p>
<p>The Resurrection of the Lord</p> <p>Celebrate Easter!</p>	<p><i>Notes and Reflections...</i></p>					

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