

LENT 2020 40 WAYS TO OBSERVE THE 40 DAYS

SUN

MON

TUE

WED

THU

FRI

SAT

FEB 26

FAST & ABSTINENCE

SPIRITUAL WORK 27

ABSTINENCE 28

CORPORALWORK 29

THREE PILLARS OF LENT

PRAYER • FASTING • ALMSGIVING

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



ASH WEDNESDAY
Return to me with your whole heart ([JL 2:12](#)).

Fast for God's sake, not your own.

I have set before you life and death. Choose life ([DT 30:19](#)).

COUNSEL THE DOUBTFUL: Give someone in despair a sense of hope today.

This is the fasting that I wish: not turning your back on your own ([IS 58:7](#)).

Examine the effects of your ambition. Credit the hard work of others.

If you bestow bread for the hungry, light shall rise for you ([IS 58:10](#)).

FEED THE HUNGRY: Prepare a meal for a senior.

MARCH 1

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SPIRITUAL WORK 5

ABSTINENCE 6

CORPORALWORK 7

One does not live on bread alone, but on the Word of God ([MT 4:4](#)).

The WORD of God is love. Say "I love you" to one you rarely do.

For I was a stranger and you welcomed me ([MT 25:35](#)).

Who needs your welcome and acceptance? Offer it warmly.

Deliver us from evil ([MT 6:13](#)).

Be a moral leader. Use your voice and vote to support truth and good.

At the preaching of Jonah they repented ([JON 11:32](#)).

Say an act of contrition. Make amends to one person you've offended.

Knock and the door will be open to you ([MT 7:7](#)).

INSTRUCT THE IGNORANT: Give someone the chance to learn a skill from you.

Settle with your opponent quickly ([MT 5:25](#)).

Let go of a hurt before it turns into resentment.

Love your enemies ([MT 5:44](#)).

VISIT THE PRISONER: Offer a handshake of peace to one chained in hate.

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SPIRITUAL WORK 12

ABSTINENCE 13

CORPORALWORK 14

Bear your share of hardship for the gospel ([2 TM 1:8](#)).

Say a prayer to Our Lady of Sorrow for the strength to bear suffering well.

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

Support religious vocations: [VocationFund.org](#)

Make justice your aim ([IS 1:17](#))!

Write a letter, make a call, or stand in protest to fight an injustice.

Whoever wishes to be great among you will be your servant ([MT 20:26](#)).

Lend a helping hand to one who usually serves you.

"I am suffering torment from these flames" ([LK 16:24](#)).

ADMONISH THE SINNER: Help someone avoid a harmful choice.

Here comes that master dreamer ([GN 37:19](#))!

Refrain from ridiculing the dreams of others. Realize a dream of your own.

He was lost and has been found ([LK 15:24](#)).

SHELTER THE HOMELESS: Donate time or money to a local shelter.

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SPIRITUAL WORK 19

ABSTINENCE 20

CORPORALWORK 21

They believed because of the word of the woman who testified ([JN 4:39](#)).

Tell others about your faith. Take Five for Faith can help.

No prophet is accepted in his native place ([LK 4:24](#)).

Be open to the wisdom of others. Read opposing views on a hot topic.

How often must I forgive ([MT 18:21](#))?

Stop weighing and measuring the sins against you. Be indiscriminate in your mercy.

What great nation has gods so close to it as our God is to us ([DT 4:7](#))?

Breathe in the wisdom of the Spirit before today's choices.

Why have you done this to us ([LK 2:48](#))?

FORGIVE INJURIES: Accept that some hurts you will never understand. Forgive anyway.

You shall love your neighbor as yourself ([MK 12:31](#))!

Instead of judging the imperfections of others today, offer a kind word.

He will come to us like the rain ([HOS 6:3](#)).

GIVE DRINK TO THE THIRSTY: Conserve water to ensure access for all.

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SPIRITUAL WORK 26

ABSTINENCE 27

CORPORALWORK 28

The Lord looks into your heart ([1 SM 16:7](#)).

Be sure to examine your conscience each day and pray for guidance.

I create people to be a delight ([IS 65:18](#)).

Show your lighter side today and be a joy for others.

Look, you are well. Do not sin anymore ([JN 5:14](#)).

In return for healing love you've received, offer it to others.

Do not be afraid ([LK 1:30](#)).

Pray the Canticle of Mary (Magnificat) Remember the great things the Lord has done.

Let your blazing wrath die down ([EX 32:12](#)).

BEAR WRONGS PATIENTLY: Take steps to cool your anger before you act.

You know me and also where I am from ([JN 7:28](#)).

Don't ignore your spiritual heritage. Study what it means to be Christian.

To you I have entrusted my cause ([JER 11:20](#)).

VISIT THE SICK: Extend a hand or send a care package to an ill person.

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APRIL 1

SPIRITUAL WORK 2

ABSTINENCE 3

CORPORALWORK 4

I will put my spirit in you that you may live ([EZ 37:14](#)).

Take time to discern your life choices. VISION Vocation Guide can help.

This was innocent blood spared ([DN 13:62](#)).

Aid one who is falsely accused. Try supporting the Innocence Project.

I say only what the Father has taught me ([JN 8:28](#)).

Tell others that they are loved. That is the truth.

One who commits sin is a slave of sin ([JN 8:34](#)).

Free yourself of one sinful action: greed, envy, pride, etc.

I keep his word ([JN 8:55](#)).

COMFORT THE SORROWFUL: Call a friend in mourning; show that love has the last word.

He has rescued the life of the poor ([JER 20:13](#)).

Do one thing toward fighting poverty today.

What do you think? That he will not come to the feast ([JN 11:56](#))?

GIVE ALMS TO THE POOR: Donate food for an Easter meal.

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SPIRITUAL WORK 9

FAST & ABSTINENCE 10

CORPORALWORK 11

They paid him 30 pieces of silver ([MT 26:15](#)).

Don't give in to temptation to turn from God. Commit to better Sunday practice.

He shall bring forth justice to the nations ([IS 42:1](#)).

Take one step toward righting an injustice today.

I will make you a light to the nations ([IS 49:6](#))?

Support the immigrants in your area.

He opens my ears that I may hear ([IS 50:4](#)).

Really listen to a loved one's concerns today.

You will understand later ([JN 13:7](#)).

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

He came and took his body ([JN 19:38](#)).

GOOD FRIDAY Observe silence at 3 p.m. today in reverence for Jesus' sacrifice.

He rested on the seventh day ([GN 2:2](#)).

HOLY SATURDAY BURY THE DEAD: Allow a loved one to rest in peace. Let go!

EASTER 12

He had to rise from the dead ([JN 20:9](#))!

EASTER SUNDAY We are destined for glory. Spread the Good News and follow God's way!



Celebrate the many blessings God has given us through his death and resurrection. Rejoice and be glad!

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](#)).