

Lenten Prayer Calendar

Make this Lent a journey in prayer.

A prayerful step each day is five weeks of growing closer to Christ and his church.

<p>First Sunday</p> <p>At Mass today make a Lenten commitment in your heart. Something simple but significant.</p>	<p>Mon</p> <p>Place a difficult decision in the hands of God.</p>	<p>Tues</p> <p>View a beautiful natural scene and praise God for the gift of creation.</p>	<p>Wed</p> <p>Ask forgiveness for a time you have hurt someone.</p>	<p>Thurs</p> <p>Pray for the <i>desire</i> to pray.</p>	<p>Fri</p> <p>Fast today in a spirit of repentance.</p>	<p>Sat</p> <p>Reflect on God's presence in a child.</p>
<p>Second Sunday</p> <p>At Mass today pray the Creed with conviction.</p>	<p>Mon</p> <p>Pray for someone who grieves a deep loss.</p>	<p>Tues</p> <p>Pray one of the beautiful prayers from the church's tradition. Think of your ancestors in faith.</p>	<p>Wed</p> <p>Invite the Holy Spirit to heal an area of brokenness in your life.</p>	<p>Thurs</p> <p>Take a 'prayer break' instead of a coffee break.</p>	<p>Fri</p> <p>Abstain from alcohol, even if you're going out night.</p>	<p>Sat</p> <p>Pray for a married couple.</p>
<p>Third Sunday</p> <p>At Mass today, reflect on the presence of Christ in the people around you.</p>	<p>Mon</p> <p>Gaze upon an icon, or a piece of Christian artwork which 'speaks' to you.</p>	<p>Tues</p> <p>Play some powerful music that directs your thoughts to God.</p>	<p>Wed</p> <p>Pray with Mary, mother of Jesus. Pray a decade of the rosary.</p>	<p>Thurs</p> <p>Pray for Christian unity within a particular marriage.</p>	<p>Fri</p> <p>Pray for those who have little food, while you have plain rice and water for dinner tonight.</p>	<p>Sat</p> <p>Pray for a single person.</p>
<p>Fourth Sunday</p> <p>At Mass, pray for openness to God's Word.</p>	<p>Mon</p> <p>Pray for the Pope.</p>	<p>Tues</p> <p>Sit with the Lord in silence in the presence of a single candle flame.</p>	<p>Wed</p> <p>Pray for a troubled part of the world that deeply concerns you.</p>	<p>Thurs</p> <p>Wear a crucifix and finger it during the day as a reminder that Jesus is with you.</p>	<p>Fri</p> <p>Today, hum a hymn that is special to you.</p>	<p>Sat</p> <p>Pray for a priest or religious.</p>
<p>Fifth Sunday</p> <p>Prepare to receive the sacrament of Reconciliation before Easter.</p>	<p>Mon</p> <p>Pray for a loved one who has died.</p>	<p>Tues</p> <p>Take a 'prayer tip' from a prayerful person.</p>	<p>Wed</p> <p>Pray a mantra on your way to work.</p>	<p>Thurs</p> <p>Read your favourite scripture passage.</p>	<p>Fri</p> <p>Replace your TV time with a more lifegiving activity.</p>	<p>Sat</p> <p>Pray for the whole Church.</p>

Passion Sunday .  Holy Week begins

Take part in the Holy Week ceremonies in your parish. Prayerfully remember a person who bears a cross.

