


LENT 2019 | Prayer. Fasting. Almsgiving.

The Church teaches that Catholics in good health are to observe the following practices during Lent unless for some serious reason they are unable to do so. Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. Fasting as explained by the U.S. bishops means partaking of only one full meal and two smaller meals that so not equal the main meal. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat. The Easter fast must be kept sacred and should be celebrated everywhere on Good Friday, and where possible should be prolonged throughout Holy Saturday so that the faithful may attain the joys of Easter Sunday.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			March 6 Ash Wednesday Change your heart through good works this Lent. <i>Joel 2:13</i>	March 7 Choose Life! Lent is the time to put God First in your life. <i>Deuteronomy 30:19</i>	March 8 Why Should We Fast? Become empty so God can fill you as God wants. <i>Isaiah 58:6</i>	March 9 The Sick Need a Doctor Invite Christ to enter and heal your sinfulness. <i>Luke 5:31-32</i>
March 10 Face Your Temptations How can we face our temptations without Fear? <i>Luke 4:1</i>	March 11 Be Holy We are called first of all to grow in holiness. <i>Leviticus 19:2</i>	March 12 God's Word is Powerful Let God's Word change us this Lent. <i>Isaiah 55:10-11</i>	March 13 God Forgives God is eager to forgive us when we have sinned. <i>Jonah 3:8-9</i>	March 14 Seek God Let us seek God's presence in all we do. <i>Matthew 7:7</i>	March 15 Turn Away From Sin Let us do away with all sinfulness this Lent. <i>Ezekiel 18:28</i>	March 16 Love Even Your Enemies Jesus challenges us to love without limits. <i>Matthew 5:43-44</i>
March 17 Listen to Jesus How can we listen more carefully to Jesus' words? <i>Luke 9:35</i>	March 18 Stop Judging How can you be less judgmental of others today? <i>Luke 6:36-38</i>	March 19 St. Joseph Like St. Joseph, take Jesus into your home to be the center of your life. <i>Matthew 1:18-21</i>	March 20 Greatness Comes by Serving Who most needs your help today? <i>Matthew 20:26-28</i>	March 21 God Alone Knows You Let God cleanse your heart of all sin. <i>Jeremiah 17:9-10</i>	March 22 Love Your Family How can you show you love for your family today. <i>Genesis 37:26</i>	March 23 Seek God's Forgiveness God forgives your sins because God loves you. <i>Luke 15:21-24</i>
March 24 God Comes to Save God hears our prayer and comes to rescue us. <i>Exodus 3:7-8</i>	March 25 Annunciation We don't always know how God will do good through us. <i>Luke 1:34-35</i>	March 26 Receive Us, O God! Let us turn our hearts completely to God today. <i>Daniel 3:39, 41-42</i>	March 27 Find God in Little Things Let us discover God by attending to the little things today. <i>Matthew 5:17-19</i>	March 28 Love God & Neighbor Jesus sums up our task as loving God and others. <i>Mark 12:29-31</i>	March 29 God's Kingdom is Here! When evil is stopped, God can enter to be with us. <i>Luke 11:20</i>	March 30 God Heals Us! Let us return to God for healing and new life. <i>Hosea 6:1-2</i>
March 31 Christ's Ambassadors Jesus has sent us to share his love with others. <i>2 Corinthians 5:20</i>	April 1 Give Us Life! Jesus will give us new life if we just trust in him. <i>John 4:50</i>	April 2 Do You Want Healing? Ask Jesus to heal whatever you most suffer from today. <i>John 5:6-9</i>	April 3 God Answers Us God Answers our prayer as God thinks best. <i>Isaiah 49:8</i>	April 4 Believe in Jesus In his words and actions Jesus reveals what God is like. <i>John 5:36</i>	April 5 Jesus Reveals the Father Look at Jesus' words and actions to learn about God. <i>John 7:38-29</i>	April 6 Rescue Me, Lord Let us cry out to God when we feel overwhelmed by our troubles. <i>Psalms 7:2-3</i>
April 7 No Condemnation Jesus does not condemn sinners by forgives them. <i>John 8:11</i>	April 8 Don't Hide, O God Through Jesus we have access to God for new life. <i>Psalms 102:2-3</i>	April 9 Don't Complain Stop complaining when things do not go your way. <i>Numbers 21:5-7</i>	April 10 God Can Save Us Let us trust that God will save us when we are in trouble <i>Daniel 3:17</i>	April 11 God is Faithful God promises to remain faithful always to the covenant he has made. <i>Genesis 17:7</i>	April 12 The Lord is with Me When you feel alone, remember that God is always with you. <i>Jeremiah 20:10-11</i>	April 13 God Gathers Us Through his death for us, Jesus invites all of us to become one community. <i>John 11:51-52</i>
April 14 PALM SUNDAY Your Will Be Done Jesus remains faithful to God's ways even to death. <i>Luke 22:32</i>	April 15 The Victory of Justice Jesus' faithfulness brings justice and right relationships. <i>Isaiah 42:6-7</i>	April 16 Failing to Follow Why are we tempted to betray and deny Jesus today? <i>John 13:21,38</i>	April 17 Suffering for Others Jesus trusts God and willingly suffers for us. <i>Isaiah 50:6-7</i>	April 18 Holy Thursday Serve Others Jesus gives an example of loving service <i>John 13:12-17</i>	April 19 Good Friday Behold, the Man! Jesus suffers and dies to open our way to God. <i>John 19:5</i>	April 20 Easter Vigil He is Risen! Let us die to sin to rise to new life with Christ. <i>Romans 6:8-11</i>