

March 2022 Lenten To-Do's · Year C

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>"Give me back the joy of your salvation, and a willing spirit sustain in me. O Lord, open my lips and my mouth shall proclaim your praise."</i></p> <p>This Lent, in addition to our liturgical calendar we have daily activities based on the readings of the day to help you follow Jesus.</p>		<p>1</p> <p><i>"We have given up everything and followed you"</i></p> <p>Are you ready to begin Lent?</p> <p>1 Peter 1: 10-16 • Mark 10: 28-31</p>	<p>2 Ash Wednesday</p> <p>Begin a chart today and keep it not just for Lent but for life. Every day do one good deed, one good word, and one good prayer.</p> <p>Joel 2: 12-18 • 2 Corinthians 5: 20-6: 2 • Matthew 6: 1-6, 16-18</p>	<p>3</p> <p>Make the Stations of the Cross. As you walk, consider what it was like for Jesus.</p> <p>Deuteronomy 30: 15-20 • Luke 9: 22-25</p>	<p>4</p> <p>Fast from something that you enjoy.</p> <p>Isaiah 58: 1-9a • Matthew 9: 14-15</p>	<p>5</p> <p>Spend some time thinking about how you want to celebrate Sunday.</p> <p>Isaiah 58: 9b-14 • Luke 5: 27-32</p>
<p>6 1st Sunday of Lent</p> <p>To begin having the word of God in your mouth and in your heart like Jesus did, learn by heart your favorite psalm.</p> <p>Deuteronomy 26: 4-10 • Romans 10: 8-13 • Luke 4: 1-13</p>	<p>7</p> <p>How are your good deeds going? Do you want to be a sheep at the judgment? Help someone who is suffering. Give a gift of food, time or prayer.</p> <p>Leviticus 19: 1-2, 11-18 • Matthew 25: 31-46</p>	<p>8</p> <p>Pray the <i>Our Father</i> slowly and for each line write it out in your own words.</p> <p>Isaiah 55: 10-11 • Matthew 6: 7-15</p>	<p>9</p> <p>Make a sign that will remind you of the love of Jesus and post it where you will see it often.</p> <p>Jonah 3: 1-10 • Luke 11: 29-32</p>	<p>10</p> <p>Try to say a short prayer for someone every hour today.</p> <p>Est C: 12, 14-16, 23-25 • Matthew 7: 7-12</p>	<p>11</p> <p>Send a card to someone that you have hurt.</p> <p>Ezekiel 18: 21-28 • Matthew 5: 20-26</p>	<p>12</p> <p>Decide to pray every day for a person that you do not like. Ask God to bless that person with everything good.</p> <p>Deuteronomy 26: 16-19 • Matthew 5: 43-48</p>
<p>13 2nd Sunday of Lent</p> <p>Make time today to listen to the voice of Jesus.</p> <p>Genesis 15: 5-12, 17-18 • Phil 3: 17-4: 1 or 3: 20-4: 1 • Luke 9: 28b-36 20</p>	<p>14</p> <p>Read Luke 6: 20-49 and pick something that you need to change in your life.</p> <p>Daniel 9: 4b-10 • Luke 6: 36-38</p>	<p>15</p> <p>Offer to God a sacrifice of praise. Pray Psalm 145.</p> <p>Isaiah 1: 10, 16-20 • Matthew 23: 1-12</p>	<p>16</p> <p>Perform a service for your family.</p> <p>Jeremiah 18: 18-20 • Matthew 20: 17-28</p>	<p>17</p> <p>Give up a comfort for the good of someone else.</p> <p>Jeremiah 17: 5-10 • Luke 16: 19-31</p>	<p>18</p> <p>Give up something today and make the money or time you saved bear fruit for God.</p> <p>Genesis 37: 3-4, 12-13a, 17b-28a • Matthew 21: 33-43, 45-46</p>	<p>19 Saint Joseph</p> <p>Think about the forgiveness that God has given you and offer that forgiveness to someone who makes you angry.</p> <p>2 Samuel 7: 4-5a, 12-14a, 16 • Romans 4: 13, 16-18, 22 • Matthew 1: 16, 18-21, 24a or Luke 2: 41-51a</p>
<p>20 3rd Sunday of Lent</p> <p>Every time you're tempted to grumble, praise and thank God instead.</p> <p>Exodus 3: 1-8a, 13-15 • 1 Corinthians 10: 1-6, 10-12 • Luke 13: 1-9</p>	<p>21</p> <p>Sing a song of rejoicing to God.</p> <p>5 2 Kings 5: 1-15ab • Luke 4: 24-30</p>	<p>22</p> <p>Write a list of all the people that you think owe you something. Then rip it up and throw it away.</p> <p>Daniel 3: 25, 34-43 • Matthew 18: 21-35</p>	<p>23</p> <p>Write this commandment on your door, "Love one another as I have loved you."</p> <p>Deuteronomy 4: 1, 5-9 • Matthew 5: 17-19</p>	<p>24</p> <p>Kneel down before a crucifix and say to Jesus, "You save me, I serve you."</p> <p>Jeremiah 7: 23-28 • Luke 11: 14-23</p>	<p>25 The Annunciation</p> <p>Give away something you really like.</p> <p>7: 10-14; 8: 10 • Hebrews 10: 4-10 • Luke 1: 26-38 5*</p>	<p>26</p> <p>Include the prayer "O God, be merciful to me, a sinner" in your daily prayers.</p> <p>Hosea 6: 1-6 • Luke 18: 9-14</p>
<p>27 4th Sunday of Lent</p> <p>Rejoice! "Then let us celebrate with a feast, because this son of mine was dead, and has come to life again; he was lost, and has been found."</p> <p>Joshua 5: 9a, 10-12 • 2 Corinthians 5: 17-21 • Luke 15: 1-3, 11-32</p>	<p>28</p> <p>Pray for someone who is sick.</p> <p>Isaiah 65: 17-21 • John 4: 43-54</p>	<p>29</p> <p>Notice and give thanks for all the times you use water today.</p> <p>Ezekiel 47: 1-9, 12 • John 5: 1-16</p>	<p>30</p> <p>Think about your father and put into practice something that you learned from him.</p> <p>Isaiah 49: 8-15 • John 5: 17-30</p>	<p>31</p> <p>Intercede for someone following the wrong path.</p> <p>Exodus 32: 7-14 • John 5: 31-47</p>		