

Lent 2023

February

SUN

MON

TUE

WED

THU

FRI

SAT

19	20	21	22	23	24	25
----	----	----	----	----	----	----

26	27	28				
----	----	----	--	--	--	--

Make a personal inventory. Decide how you will grow this Lent.

Develop a plan for Lent.

Consider what you can sacrifice this Lent.

Go to church and receive ashes.

Share your Lenten plans with loved ones and spiritual advisors. Get feedback.

Spend extra time in prayer.

Read the readings for Sunday. What is God saying to you?

Fast from social media.

Fast from takeout (including coffee!).

Fast from multitasking.

Preparation

Fasting

Lent 2023

March

SUN

MON

TUE

WED

THU

FRI

SAT

Fasting

Fast from a small pleasure.

Fast from focusing on yourself.

Fast from driving.

Fast from negative statements.

1

2

3

4

Service

Explore volunteer opportunities at church.

Consider your gifts & talents. Use one to help someone else.

Congratulate someone on a task well done.

Contact someone you know who has been ill or struggling.

Serve someone in imitation of Christ.

Do someone else's chore at work or home.

Join a community gathering.

5

6

7

8

9

10

11

Almsgiving

Pray for the poor.

Do a good deed in secret.

Donate food to a local food pantry.

Look for an opportunity to serve someone you meet today.

Smile at 5 strangers.

Eat a simple meal & donate the money you would have spent.

Volunteer at a local organization.

12

13

14

15

16

17

18

Persistence

Review your Lenten plan. Adjust as needed!

Identify negative thoughts & turn them into a moment of prayer.

Let go of a grudge.

Go for a walk outside. Observe nature around you.

Pray for someone from whom you're estranged.

Respond peacefully to all who speak to you.

Say YES!

19

20

21

22

23

24

25

Prayer

Read John 11:1-45.

Commit to saying one rosary decade each weekday this week.

Choose a new spiritual practice.

Spend time in adoration.

Attend weekday Mass.

Ask yourself how a spiritual director could benefit your life.

26

27

28

29

30

31

Lent 2023

April

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

1

2

3

4

5

6

7

8

9

10

11

12

Generosity

Give yourself to a work of charity.

Ask God to bless someone persecuting you.

Spend time with a lonely neighbor.

Offer to run errands for an elderly loved one.

Go to Confession.

Pray the Stations of the Cross.

Apologize to someone you have wronged.

Prayer

Find a Bible study group to join.

Easter