

# LENT 2022 40 WAYS TO OBSERVE THE 40 DAYS

SUN

MON

TUE

WED

THU

FRI

SAT

## THREE PILLARS OF LENT

PRAYER • FASTING •  
ALMSGIVING

Include the **SPIRITUAL AND CORPORAL WORKS OF MERCY** in your Lenten observance.



**MAR 2**

FAST & ABSTINENCE

**ASH WEDNESDAY**

*Render your hearts,  
not your garments.*  
([JL 2:13](#)).

**Reconcile and  
renew your  
relationship with  
God. Pray for  
peace.**

**SPIRITUAL WORK 3**

*If anyone wishes to  
come after me, he  
must deny himself*  
([LK 9:23](#)).

**FORGIVE INJURIES:  
Some wounds  
won't heal. Ask  
for consolation.**

**ABSTINENCE 4**

*This is the fasting that  
I wish: setting free the  
oppressed* ([IS 58:6](#)).

**Abstain from  
singing your own  
praises. Credit  
the hard work of  
others.**

**CORPORALWORK 5**

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

**FEED THE  
HUNGRY:  
Prepare a meal  
for a senior or  
family in need.**

**6**

*The word is near  
you, in your mouth  
and in your heart*  
([ROM 10:8](#)).

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

**7**

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

**Who needs your  
welcome and  
acceptance?  
Offer it warmly.**

**8**

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

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

**9**

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

**Make amends  
with one person  
you've offended.**

**SPIRITUAL WORK 10**

*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.**

**ABSTINENCE 11**

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

**Abstain from  
holding onto hurt  
before it turns  
into resentment.**

**CORPORALWORK 12**

*You are to walk in  
God's ways*  
([DT 26:17](#)).

**VISIT THE  
PRISONER: Write  
a person in  
prison or one  
bound by fear.**

**13**

*"This is my chosen  
Son; listen to him."*  
([LK 9:35](#)).

**Spend time in  
silence to hear  
God's call.**  
[VISION Vocation  
Guide](#) can help.

**14**

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

**Support  
vocations.**  
Consider a  
donation to  
[VocationFund.org](#)

**15**

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

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

**16**

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

**Lend a helping  
hand to one who  
usually serves  
you.**

**SPIRITUAL WORK 17**

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

**ADMONISH THE  
SINNER: Help  
someone avoid a  
harmful choice.**

**ABSTINENCE 18**

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

**Abstain from  
ridiculing or  
belittling others.  
Be particularly  
kind today.**

**CORPORALWORK 19**

*He took his wife  
into his home*  
([MT 1:20](#)).

**SHELTER THE  
HOMELESS:  
Donate  
toiletries to a  
local shelter.**

**20**

*"I tell you, if you do  
not repent, you will  
all perish!"* ([LK 13:5](#)).

**Say an Act of  
Contrition and  
be mindful of  
your actions that  
are not loving.**

**21**

*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.**

**22**

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

**Stop tracking  
the sins against  
you. Be  
indiscriminate in  
your mercy.**

**23**

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

**Draw on the  
wisdom of the  
Spirit before a  
quick decision.**

**SPIRITUAL WORK 24**

*Faithfulness has  
disappeared*  
([JER 7:28](#))?

**COUNSEL THE  
DOUBTFUL: Offer a  
note of hope to  
one in despair  
today.**

**ABSTINENCE 25**

*Must you weary my  
God?* ([IS 7:13](#))!

**Abstain from  
criticism. Offer  
positive feedback  
to someone  
today.**

**CORPORALWORK 26**

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

**GIVE DRINK  
TO THE THIRSTY:  
Conserve water  
for the sake of  
others.**

**27**

*Everything I have is  
yours* ([LK 15:31](#)).

**Offer mercy, the  
"beating heart of  
the gospel" it to  
those who've  
disappointed  
you.**

**28**

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

**Be joyful and  
delight in those  
around you  
today. Laugh!**

**29**

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

**In return for  
compassion  
you've received,  
offer it to others.**

**30**

*Whoever hears my  
word and believes  
has eternal life*  
([JN 5:24](#)).

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

**SPIRITUAL WORK 31**

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

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

## SPIRITUAL WORKS OF MERCY

*Counsel the doubtful / Instruct the ignorant  
Admonish the sinner / Comfort the  
sorrowful  
Forgive injuries / Bear wrongs patiently  
Pray for the living and the dead*  
([Go to USCCB for further reading](#))

## CORPORAL WORKS OF MERCY

*Feed the hungry / Give drink to the thirsty  
Shelter the homeless / Visit the sick  
Visit the prisoners / Bury the dead  
Give alms to the poor*  
([Go to USCCB for further reading](#))

(Turn over to see April Lenten reflections.)

# LENT 2022 40 WAYS TO OBSERVE THE 40 DAYS (CONTINUED)

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## THREE PILLARS OF LENT

PRAYER • FASTING • ALMSGIVING

Include the **SPIRITUAL AND CORPORAL WORKS OF MERCY** in your Lenten observance.



ABSTINENCE **APR 1**

CORPORALWORK **2**

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

**Abstain from being ill-informed. Study what it means to be Christian.**

*To you I have entrusted my cause (JER 11:20).*

**VISIT THE SICK: Extend a hand or write a card to an ill person.**

**3**

**4**

**5**

**6**

SPRITUAL WORK **7**

ABSTINENCE **8**

CORPORALWORK **9**

*"See, I am doing something new!" (IS 43:19).*

**Try a new prayer practice, such as meditation, song, or dance. Find ideas in VISION.**

*Thus, was innocent blood spared (DN 13:62).*

**Aid one who is falsely accused. The Innocence Project is a good place to start.**

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

**Stop the spread of misinformation. Show the truth of God's all-inclusive charity.**

*One who commits sin is a slave of sin (JN 8:34).*

**Free yourself of one sinful action, such as greed, envy, or pride.**

*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).*

**Abstain from indifference. 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.**

**10**

**11**

**12**

**13**

SPRITUAL WORK **14**

FAST & ABSTINENCE **15**

CORPORALWORK **16**

*"Pray that you may not undergo the test" (LK 22:40).*

**Commit to strengthening your faith. Take Five for Faith can help.**

*He shall bring forth justice to the nations (IS 42:1).*

**Fight tyranny at home and abroad. Send aid to refugees.**

*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.**

**HOLY THURSDAY**

*You will understand later (JN 13:7).*

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

**GOOD FRIDAY**

*He came and took his body (JN 19:38).*

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

**HOLY SATURDAY**

*He rested on the seventh day (GN 2:2).*

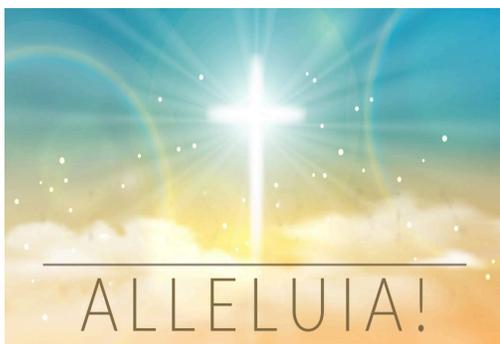
**BURY THE DEAD: Allow a loved one to rest in peace. Let go!**

## EASTER 17

**EASTER SUNDAY**

*He had to rise from the dead (JN 20:9)!*

**See and believe the good news of God's glory. Embrace a new life in love!**



**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).*