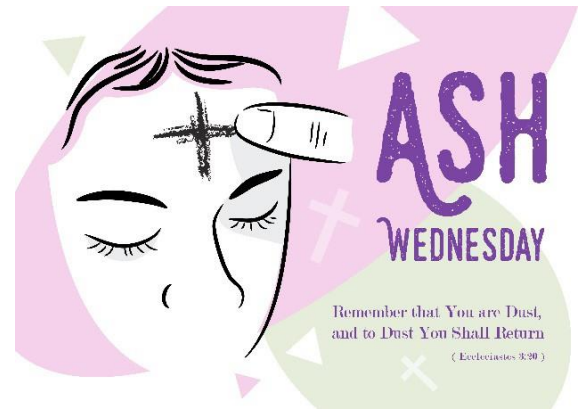


SPIRITUAL LENTEN EXERCISE
WEEK 1: February 17 – February 23, 2021

PRAYER

*Almighty and ever-living God,
 Create in us new and honest hearts, so that,
 truly repenting of our sins, we may receive from you,
 the God of all mercy, full pardon and forgiveness
 through your Son, Jesus Christ, our Savior and Lord,
 who lives and reigns with you and the Holy Spirit,
 one God, now and forever. Amen*



INSTRUCTIONS: First, do the “Reading & Reflection” for the day, then pick at least two activities assigned for the day.

#	Date	Reading & Reflection	
		<ul style="list-style-type: none"> • What do you hear? • How does it make you feel? • Toward what are you being drawn? • What do you sense are you being urged to do? 	Activity
1	Wed, Feb 17	Joel 2: 12-13 - “Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.”	<input type="checkbox"/> Go to confession <input type="checkbox"/> Attend Mass. Wear your ashes out into the world as a witness to our faith. <input type="checkbox"/> Give up social media for the day. <input type="checkbox"/> Fast. Eat only 1 full meal and have only bread and water for the other meals.
2	Thurs, Feb 18	1 John 1:8-9 - “If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.”	<input type="checkbox"/> Fast from purchasing unnecessary items. <input type="checkbox"/> Watch “Search” in FORMED: Ep 1: What Do You Seek https://watch.formed.org/the-search-1/season:1/videos/theseach-ep1 <input type="checkbox"/> Attend SEARCH ep. 1 group discussion via Zoom at 6:00-7:00 PM Meeting ID: 889 4320 4246 Password: SEARCH
3	Fri, Feb 19	Psalms 25:4-5, 10 – “Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his decrees.	<input type="checkbox"/> Pray or Attend the Stations of the Cross in church <input type="checkbox"/> Call someone instead of texting <input type="checkbox"/> Pray the Sorrowful Mysteries of the Rosary <input type="checkbox"/> Fast. Abstain from meat (but do not feast on lobsters) and eat only one full meal and have only bread and water for the other meals.
4	Sat, Feb 20	Luke 5:27-28 – “Jesus said to him, ‘Follow me.’ And leaving everything behind, Levi got up and followed him.”	<input type="checkbox"/> Attend Lectio Divina via Zoom: 10:00 AM-10:30AM Meeting ID: 865 1572 1949 Passcode: LECTIO2 <input type="checkbox"/> Cook dinner for someone in need <input type="checkbox"/> Fast from gossiping, unkind words
5	Sun, Feb 21	Mark 1:15 – “This is the time of fulfillment. The kingdom of God is at hand. Repent and believe in the Gospel.	<input type="checkbox"/> Make a list of 5 things you are grateful for today. <input type="checkbox"/> Pray together as a family – Attend Mass <input type="checkbox"/> Spend focus time together with each of your children, or siblings or your parents.
6	Mon, Feb 22	Ephesians 2:4-5 – “But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-by grace you have been saved.”	<input type="checkbox"/> Spend 15 minutes thanking God for the gift of life <input type="checkbox"/> Pray the rosary <input type="checkbox"/> Pray for the poor souls in purgatory <input type="checkbox"/> Thank someone from our past who made a difference in your life. Send a card, call, text, or send flowers.
7	Tues, Feb 23	Job 5:8-9 – “As for me, I would seek God, and to God I would commit my cause. He does great things and unsearchable, marvelous things without number.”	<input type="checkbox"/> Spend at least 15 minutes with Jesus in Adoration <input type="checkbox"/> Pray the Liturgy of the Hours <input type="checkbox"/> Call a family member or friend you haven’t spoken to in a while