

PRAYER

Almighty and merciful God, in your goodness keep us, we pray, from all things that may hurt us, that we, being ready both in mind and body, may accomplish with free hearts those things which belong to your purpose; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

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



#	Date	Reading & Reflection	Activity
15	Wed, Mar 3	Jer 18:18 – “Let us destroy him by his own tongue; let us carefully note his every word.” <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? 	<input type="checkbox"/> Fast from gossiping, saying unkind words <input type="checkbox"/> Pray for someone you have hurt in the past <input type="checkbox"/> Go to Confession
16	Thurs, Mar 4	Luke 16:25 – “Abraham replied, ‘My child, remember that you received what was good during your lifetime while Lazarus likewise received what was bad.’”	<input type="checkbox"/> Watch “Search” in FORMED: Ep 3: Why A God https://watch.formed.org/videos/theseearch-ep3 <input type="checkbox"/> Attend SEARCH Ep. 3 Group discussion via Zoom at 6:00-7:00 PM Meeting ID: 889 4320 4246 Password: SEARCH <input type="checkbox"/> List 5 things you are grateful for, and thank God for them <input type="checkbox"/> Do one corporal work of mercy: feed the hungry, visit the sick or make a charitable donation
17	Fri, Mar 5	Matthew 21:43 – “Therefore, I say to you, the Kingdom of God will be taken away from you and given to a people that will produce its fruit.”	<input type="checkbox"/> Invite a friend or relative to Adoration <input type="checkbox"/> Pray the Stations of the Cross in church or at home <input type="checkbox"/> Pray for a sick person in your family or parish and send a short note letting him/her know you are praying for him/her <input type="checkbox"/> Eat only one full meal and abstain from meat
18	Sat, Mar 6	Mic 7:18 – “Who is there like you, the God who removes guilt and pardons sin for the remnant of his inheritance...?”	<input type="checkbox"/> Attend Lectio Divina via Zoom: 10:00 AM-10:30AM Meeting ID: 865 1572 1949 Passcode: LECTIO2 <input type="checkbox"/> Go to confession. Prayerfully ask God’s forgiveness, then let go of your burdens and hand it over to Him. <input type="checkbox"/> Pray for the intentions and health of the Holy Father
19	Sun, Mar 7	Mark 9:2-3 – “And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them.”	<input type="checkbox"/> Dress up for Sunday Mass <input type="checkbox"/> Arrive at Mass 15 mins early to pray quietly <input type="checkbox"/> Pray the Rosary with the family
20	Mon, Mar 8	Kings 5:13 – “‘But his servants came up and reasoned with him, ‘My father,’ they said, ‘if the prophet had told you to do something extraordinary, would you not have done it?’”	<input type="checkbox"/> Pray the Liturgy of the Hours <input type="checkbox"/> Pray for someone who has left the Church <input type="checkbox"/> Read Chapter 10 of St. Mark’s Gospel <input type="checkbox"/> Watch a video that will enrich your spiritual life such as: Jesus of Nazareth, The Scarlet and the Black, The Passion of Christ
21	Tues, Mar 9	Matthew 18:21 – “Lord, if my brother sins against me, how often must I forgive him” As many as seven times?”	<input type="checkbox"/> Pray for someone who has hurt you in the past <input type="checkbox"/> Pray for Catholic unity, that there would be one flock and one shepherd <input type="checkbox"/> Pray for all the bishops of the Catholic Church <input type="checkbox"/> Do at least one random act of kindness