

PRAYER

Lord God, you give to us in abundance desiring that we use your good gifts to benefit all people. Empower us to respond in faith in all that we do so that our actions bring glory to your holy name. Amen.

INSTRUCTIONS: 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
22	Wed, Mar 10	Deut 4:9 – “Take care ... not to forget the things which your own eyes have seen.”	<input type="checkbox"/> List 3 events from the past that made an impact on your life <input type="checkbox"/> List 3 habits you want to change. Commit to working on 1 habit for Lent <input type="checkbox"/> Eat only fruits and vegetables all day. <input type="checkbox"/> Go to a church you have not been to and pray there for at least 5 minutes.
23	Thurs, Mar 11	Jeremiah 7:28 – “This is the nation that does not listen to the voice of the LORD, its God, or take correction”	<input type="checkbox"/> Watch “Search” in FORMED: Ep 4: What’s Our Story https://watch.formed.org/the-search-1/season:1/videos/theseach-ep4 <input type="checkbox"/> Attend SEARCH Ep. 4: “What’s Our Story” Group discussion via Zoom at 6:00-7:00 PM Meeting ID: 889 4320 4246 Password: SEARCH <input type="checkbox"/> Stay off from social media for half a day. <input type="checkbox"/> Pray for the evangelization of all those who have not yet heard and accepted the Good News about Jesus
24	Fri, Mar 12	Mark 12:30 – “Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.”	<input type="checkbox"/> Fast. Abstain from meat and eat only one full meal and have only bread and water for the other meals <input type="checkbox"/> Pray the Sorrowful Mysteries of the Rosary <input type="checkbox"/> Pray for an end to capital punishment
25	Sat, Mar 13	Luke 18:12 – “I fast twice a week, and I pay tithe on my whole income.”	<input type="checkbox"/> Attend Lectio Divina via Zoom: 10:00 AM-10:30AM Meeting ID: 865 1572 1949 Passcode: LECTIO2 <input type="checkbox"/> Spend 15 mins listing your blessings. Thank God for them. <input type="checkbox"/> Volunteer to do someone else’s chore
26	Sun, Mar 14	Ephesians 5:8 – “You were once darkness, but now you are light in the Lord.”	<input type="checkbox"/> Laetare Sunday – wear something pink to Mass <input type="checkbox"/> Go to confession <input type="checkbox"/> Pray for those who are persecuted around the world for their FAITH.
27	Mon, Mar 15	Isaiah 65:17 – “Lo, I am about to create new heavens and a new earth.”	<input type="checkbox"/> Walk outside, take the time to see the flowers, trees, birds, the sun and appreciate God’s creation <input type="checkbox"/> Gather some canned goods and donate to a food bank <input type="checkbox"/> Visit a church that is not your parish and pray there for 15 minutes
28	Tues, Mar 16	John 5:7 – “I have no one to put me into the pool.”	<input type="checkbox"/> Smile and say “hello” to a stranger on the street <input type="checkbox"/> Make and deliver a meal to a neighbor or friend <input type="checkbox"/> Do at least one random act of kindness <input type="checkbox"/> Call an elderly friend or relative