

# LENT 40-DAY CHALLENGE



sign up for daily text/  
email reminders

SUN

MON

TUE

WED

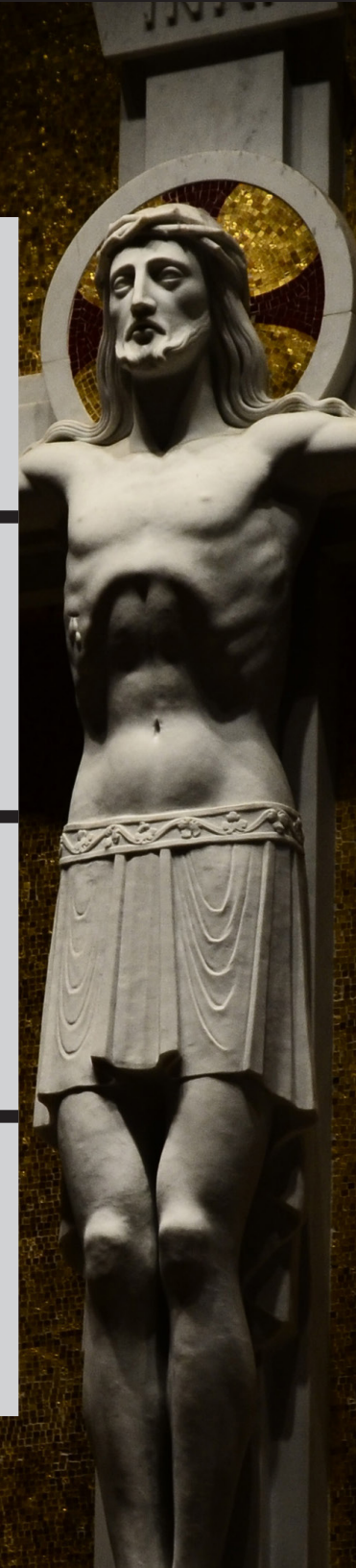
THU

FRI

SAT

## MARCH

			<p><b>5</b></p> <p>Watch "What's the Purpose of Lent?"</p>	<p><b>6</b></p> <p>Pray for the Pope's March intentions.</p>	<p><b>7</b></p> <p>Pray the Stations of the Cross today.</p>	<p><b>8</b></p> <p>Thank someone who has made a difference in your life.</p>
<p><b>9</b></p> <p>Watch "Picking a Thing for Lent."</p>	<p><b>10</b></p> <p>Read this Sunday's Scripture.</p>	<p><b>11</b></p> <p>Fast from gossiping about others today.</p>	<p><b>12</b></p> <p>Pray a decade of the Rosary for the unborn and their mothers.</p>	<p><b>13</b></p> <p>Gather 10 items to donate to St. Vincent de Paul or another charity.</p>	<p><b>14</b></p> <p>Avoid snacking in between meals.</p>	<p><b>15</b></p> <p>Listen prayerfully to "Jesus, Remember Me."</p>
<p><b>16</b></p> <p>Watch "The Gospel in 5 Minutes."</p>	<p><b>17</b></p> <p>Offer a prayer for Monsignor Frank and the people of Ireland today.</p>	<p><b>18</b></p> <p>Offer a corporal work of mercy.</p>	<p><b>19</b></p> <p>Pray the Memorare to St. Joseph.</p>	<p><b>20</b></p> <p>Call a family member you haven't talked to in a while.</p>	<p><b>21</b></p> <p>Pray the Examen tonight before bed.</p>	<p><b>22</b></p> <p>Watch Bishop Barron's homily.</p>
<p><b>23</b></p> <p>At Mass, pray for those coming into the Church at Easter.</p>	<p><b>24</b></p> <p>Read Mark 10:17-31.</p>	<p><b>25</b></p> <p>Today is the Annunciation! Pray a Rosary with your family/friends.</p>	<p><b>26</b></p> <p>Perform a random act of kindness today.</p>	<p><b>27</b></p> <p>Complete a spiritual work of mercy.</p>	<p><b>28</b></p> <p>Fast from listening to anything in the car today.</p>	<p><b>29</b></p> <p>Watch an episode of The Chosen.</p>



**SUN**

**MON**

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**WED**

**THU**

**FRI**

**SAT**

**30**

Pray for the people who sat next to you at Mass today.

**31**

Give a compliment to a co-worker today.

**1**

Pray for the Pope's April intentions.



**2**

Skip a meal today and offer your hunger for those without food.

**3**

Read Matthew 18:21-35.



**4**

Pray the Divine Mercy Chaplet.



**5**

Make a gift to a charity of your choice today.

**6**

Pray for the speakers at this week's Lenten mission, and for the people who hear them.

**7**

Make an examination of conscience.



**8**

Perform a random act of kindness today.



**9**

Fast from social media today.

**10**

Write a letter thanking Jesus for the blessings you see in your life.

**11**

Pray an Our Father for all those in prison.

**12**

Drive the speed limit today and say a prayer for all injured in road accidents.

**13**

Renew your Baptismal promises.



**14**

Spend 15 minutes in silent prayer today.

**15**

Take a cold shower today.

**16**

Read the Gospel of John, chapters 14-15.



**17**

Pray a decade of the rosary for your parish priests.

**18**

Read the Gospel of Luke, chapter 23.



**19**

Thank God for our brothers and sisters who will come into full communion with the Church.

**20**

Eat your favorite food and rejoice in the Resurrection!

**APRIL**



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@cathedralctk

**LENT AT CHRIST THE KING**

**XII**

**Stations of the Cross**

Thursday · 7:30 PM (Spanish)  
Fridays · 7:15 AM · 7:00 PM



**Fish Fries**

Fridays 5:00-7:30 PM



**Vespers**

Sundays · 6:45 PM



**Lenten Mission**

April 7-9



**Penance Service**

April 7 · 7-8:30 PM

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