

FEBRUARY

CTK'S LENT FORTY-DAY CHALLENGE

MON	TUE	WED	THU	FRI
		18 Prepare a special spot in your home where you read Scripture and reflect this Lent.	19 Think of a good habit you can begin. Write it down somewhere you'll see it daily.	20 Turn off all music today. Enjoy the silence, and ask God to help you listen to Him.
23 Give three thoughtful compliments today to your spouse, kids, parents, or coworkers.	24 Drink only water today. If you crave something else, offer it up as a prayer for someone in need.	25 Lent is a time for simplicity. Go through an area of your house and try to fill one bag with items to donate.	26 Give alms. Give to your church or pick a charity whose cause you are passionate about.	27 Turn off the TV. Spend your extra time in prayer and being present with the ones close to you.

LENT AT CHRIST THE KING • CATHEDRALCTK.COM/LENT

FRIDAYS 7:15 AM • 7:00 PM Stations of the Cross. Meditate on Jesus' suffering on His last day.	FRIDAYS 5:00-7:30 PM Fish Fries. The Knights of Columbus host a meatless meal in Kenny Hall.	MON, FEB 23 12:45 PM • 7 PM Real Prayer with Matthew Leonard. Learn to pray! Includes a meal.	SAT, MARCH 7 5:45 PM Fellowship Dinner. A panel on fasting in the Catholic, Muslim faiths.	MON, MARCH 23 6:00-7:30 PM Penance Evening. Go to confession in the Hyland Center.
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**CTK'S LENT
FORTY-DAY
CHALLENGE**

MON	TUE	WED	THU	FRI
2 Open up your Bible and read a chapter or two as a family or with a friend (try Psalms 51 or Isaiah 58).	3 Abstain from second helpings, snacks in between meals, and food after dinner.	4 Connect with a neighbor: a conversation, making plans for a meal, or just waving hello!	5 No complaining all day today! If you complain, say a quick prayer in your heart and correct course.	6 Spend time with God. Carve out 30 minutes of quiet time to read Scripture and pray.
9 Thank a delivery driver, postal worker, garbage collector, or any public service worker.	10 End your day reflecting on all of the ways God was present to you throughout the day.	11 Fill another bag to donate. Look for items that will serve someone else more than they are serving you.	12 Abstain from social media. Try spending the extra time in prayer, or face-to-face with your family or friends.	13 Make a list of ways you can offer your skills for the church or those in need.
16 Write a short letter or note to someone you love—whether you drop it in the mail or on their pillow.	17 Pray, asking God how He may be calling you to step outside your comfort zone to live out your faith.	18 Do not purchase anything, unless it is completely necessary (groceries or the utility bill, for example).	19 Avoid checking your phone when with others. Focus on them as made in the image of God.	20 Abstain from all sweets, treats, and desserts today.
23 Spend 10 minutes today in prayer with an image of Christ crucified.	24 Make an extra effort today not to speak poorly about anyone behind their back.	25 Ask a friend or family member whether they have any needs you can bring to prayer.	26 Take a cold shower. Thank God for hot showers; pray for someone in need.	27 Plan for next week. How will you keep your focus on Jesus' death and resurrection?