

# FEBRUARY

## CTK'S LENT FORTY-DAY CHALLENGE

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

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





# MARCH

## CTK'S LENT FORTY-DAY CHALLENGE

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