

2019 CHRIST THE KING EDGE LENTEN CALENDAR

Sunday "Learn About It"	Monday "Do It"	Tuesday "Pray It"	Wednesday "Read It"	Thursday "Write It"	Friday "Fast (from) It"	Saturday "Give It"
<p>"The family that prays together stays together." // Bl. Patrick Peyton</p> <p><i>Abstain from meat all Fridays. Abstain and fast from 3 normal size meals on Ash Wednesday and Good Friday.</i></p>			<p>March 6 Ash Wednesday Read why Catholics get ashes on their foreheads.</p>	<p>March 7 Write down your goals for Lent: what do you hope to get out of these 40 days?</p>	<p>March 8 Fast from taking a second helping at meals.</p>	<p>March 9 Give your preferred seat to someone else all day.</p>
<p>March 10 Learn about the liturgical "no-no's" of Lent.</p>	<p>March 11 Do an extra chore at home, in secret.</p>	<p>March 12 Light a candle, and pray with and for your family members' needs.</p>	<p>March 13 Read about Stations 1-7 this week; which one stands out the most to you.</p>	<p>March 14 Write about who God is to you and who you want Him to be.</p>	<p>March 15 Fast from criticizing others aloud or in your mind. Try to understand instead.</p>	<p>March 16 Give usable clothing and household goods to a local charity.</p>
<p>March 17 Learn about the seven corporal and spiritual works of mercy.</p>	<p>March 18 Tell someone thank you and really mean it.</p>	<p>March 19: <i>St. Joseph's Feast Day</i> Light a candle, and pray the Our Father and prayers to St. Joseph.</p>	<p>March 20 Read Matthew 20:17-28, and pray using Lectio Divina.</p>	<p>March 21 Write a list of 10 things you are thankful for.</p>	<p>March 22 Fast from whatever most stands in the way of you growing closer to God.</p>	<p>March 23 Give a day's worth of food (3 meals) to the local food pantry.</p>
<p>March 24 Learn about the Scrutinies.</p>	<p>March 25 <i>Feast of the Annunciation</i> Say only kind things about people all day.</p>	<p>March 26 Light a candle, and pray the ACTS prayer.</p>	<p>March 27 Read a Catholic blog post. Share what you got out of it. (LifeTeen.com)</p>	<p>March 28 Write a letter to a loved one, and include your prayers for them.</p>	<p>March 29 Fast from worrying. "Jesus, I trust in You!"</p>	<p>March 30 Give up sweets and desserts today.</p>
<p>March 31 Learn something new about your priest: this probably involves asking him!</p>	<p>April 1 Clean up a common area at home as a family; do it as a gift for the good of all.</p>	<p>April 2 Light a candle, and pray a Daily Examen by St. Ignatius.</p>	<p>April 3 Read about Stations 8-14 this week. Share which one stands out the most to you.</p>	<p>April 4 Write a list of spiritual things you want to get better at or virtues you want to grow in.</p>	<p>April 5 Heroic Minute! Fast from hitting snooze and say a prayer instead.</p>	<p>April 6 Count the number of technology devices in your home, and give \$1/item to Sunday collection.</p>
<p>April 7 Learn about the last 7 words of Jesus. Why are they so important?</p>	<p>April 8 Listen only to Christian music today.</p>	<p>April 9 Light a candle, and pray for those who have hurt you and those you have hurt.</p>	<p>April 10 Read Psalm 29, and pray using Lectio Divina.</p>	<p>April 11 Write a note of affirmation for each person in your family, and give it to them.</p>	<p>April 12 Fast from a bad habit for the day!</p>	<p>April 13 Give a random act of kindness to someone who lives near you.</p>
<p>April 14: <i>Palm Sunday</i> Learn about the Triduum, and decide which liturgies your family is going to participate in.</p>	<p>April 15 Smile and say 'hi' to someone you usually don't talk to.</p>	<p>April 16 Light a candle, and pray a Rosary, focusing on the Sorrowful Mysteries.</p>	<p>April 17 Read about the Last Supper. Share what you'd feel if you were in the room.</p>	<p>April 18 <i>Holy Thursday</i> Write a letter to Jesus; say how you feel about His sacrifice for you.</p>	<p>April 19 <i>Good Friday</i> Fast from complaining; notice how often you are tempted to complain!</p>	<p>April 20 <i>Holy Saturday</i> Give others the gift of your undivided attention. Speak less; listen more.</p>
<p>April 21 <i>Easter!</i></p>	<p>Please note: website links for days of learning, praying, and reading are available in the digital, non-printed format of this calendar.</p>					



EDGE