“Jesus came, saying, ‘The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel.’”

– Mark 1:15

Make This Your
Best Lent Yet.
DO YOU BELIEVE?

Will this Lent be your best Lent ever?

We think so. That’s why we’re here. That’s why we made this journal for you.

Believing can be tough, and faith can be scarce, especially when lies—convincing ones—are fed to us over the course of our lives.

We believe this Lent can be your best Lent ever because, together, we will disarm the biggest lie in the history of Christianity.

We believe this Lent can be your best Lent ever because we will walk this journey with you. We will guide you, encourage you, inspire you, and pray for you every step of the way.

This journal was designed to accompany BEST LENT EVER 2019. If you have not signed up yet, we invite you to do so at BestLentEver.com/2019. You’ll receive daily videos from Matthew Kelly and the Dynamic Catholic team that will make your Lenten experience even more impactful.

We made this journal to aid you in the internal renewal and growth we hope will come over the next forty days. Lent is a wonderful season of pause. It is a time of reflection and exploration with God in which he works most mysteriously to give us exactly what we need.

To help you with this time of pause, the journal includes questions meant to provoke thought about your faith life and to provide clarity for where you want to go. You will also find daily readings from The Biggest Lie in the History of Christianity—the book this program is based on—and daily action steps (including Holy Moment challenges) to incorporate what you learn during your time of reflection into your life.

We know you have a lot on your plate. This journal is meant to give you just a few minutes every day to connect with God and make the absolute most out of the Lenten journey . . . we believe in the power of baby steps.

We believe God will move powerfully in your life during the next forty days as we disarm the lie together.

The question is, what do you believe?

May God bless you and your Lenten journey.

The Dynamic Catholic Team
WHERE ARE YOU GOING?

It’s hard to know if you’ve made it when you don’t know where you want to go. Now’s your chance to decide what you want to accomplish this Lent.

Is it a regular prayer routine? Is it more self-discipline in a specific area of your life? Is it better communication in your marriage? Is it more peace?

Now’s your chance.

Forty days allow you the time to create a new habit that will help you become the best version of yourself.

Before we get started, take a few minutes to give yourself some direction.

My personal Lenten Habit will be:

This Lent I want to improve in this way:

I will know I have achieved my goal at the end of the forty days if this is true:

I will hold myself accountable to this person:

Remember, you’re not alone. We are here cheering you on, and God’s grace is always at our disposal. Through prayer and reception of the sacraments, you are well on your way to accomplishing whatever it is God has placed on your heart this Lent.

“Do not be afraid to dream. Perhaps your fear is of failure. There is no shame in trying to attempt mighty things and failing. The shame is in failing to attempt those things.”

– Matthew Kelly
DAY 1 | A CALL TO ACTION

Today’s Focus:
God has a specific call to action for you, a sweet spot where you can do the most good and be the-best-version-of-yourself.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day1) and write down the one thing that most resonates with you.

What is your sweet spot?

“Focus on affecting what you can affect and you will have the most effect.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit

Recommended Reading:
The Biggest Lie
• This week: chapters 1 & 2
• Today’s focus: pg. 4
Today’s Gospel:
• Matthew 6:1–6, 16–18
DAY 2 | A HUNGER

**Today’s Focus:**
God created you for a joyful, abundant life.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day2) and write down the one thing that most resonates with you.

__________

__________

__________

__________

__________

Do you really believe God wants you to be happy? Why or why not?

__________

__________

__________

__________

“Real happiness is a sign that the human spirit is thriving.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

---

**My Daily Lenten Habit Tracker**

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit

---

**Recommended Reading:**

The Biggest Lie
• This week: chapters 1 & 2
• Today’s focus: pg. 8

Today’s Gospel:
• Luke 9:22–25
**DAY 3 | THE CRICKET BAT**

**Today’s Focus:**
The happiness that our culture promises is fleeting.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day3) and write down the one thing that most resonates with you.

____________________________________________________

Having watched today’s video from Matthew, what do you think is your “cricket bat”—something that you really wanted but, when you finally got it, made you feel disappointed?

____________________________________________________

____________________________________________________

____________________________________________________

**My Daily Lenten Habit Tracker**

☐ Completed today’s **Best Lent Ever reflections**

☐ Wrote personal reflections in my **journal**

☐ Kept my **personal Lenten Habit**

---

“The world’s promises of happiness are false promises, and a false promise is a lie.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
DAY 4 | A RETURN TO CURIOUSITY

Today’s Focus:
It is important to be curious about who we are and why we are here.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day4) and write down the one thing that most resonates with you.

How do you know who you are?

“My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit

“Sooner or later we realize that what the world has to offer is simply not enough to satisfy us.”
Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
- This week: chapters 1 & 2
- Today’s focus: pg. 13
FIRST SUNDAY OF LENT | THE GREATEST WEAPON

Today’s Focus:
Jesus combated temptations with truth.

Personal Reflection:
Watch the Sunday Gospel reflection from BEST LENT EVER (BestLentEver.com/FirstSunday) and write down the one thing that most resonates with you.

How do you handle temptations?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit

“Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit for forty days in the wilderness, tempted by the devil.”

Luke 4:1–2
DAY 5 | THE GREAT PRETENDERS

**Today’s Focus:**
Being an authentic Christian is about progress, not perfection.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day5) and write down the one thing that most resonates with you.

When have you preferred pretending over living?

---

“My Daily Lenten Habit Tracker”
- Completed today’s **Best Lent Ever reflections**
- Wrote personal reflections in my **journal**
- Kept my **personal Lenten Habit**

---

“Authentic and perfect are not the same thing.”
Matthew Kelly, *The Biggest Lie in the History of Christianity*
DAY 6 | THIS IS THE LIE

Today’s Focus:
Holiness is possible for you.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day6) and write down the one thing that most resonates with you.

What makes it hard for you to believe that holiness is possible for you?

My Daily Lenten Habit Tracker
☑ Completed today’s Best Lent Ever reflections
☑ Wrote personal reflections in my journal
☑ Kept my personal Lenten Habit

“God wants us to live holy lives, grow in character and virtue, and become the best-version-of-ourselves.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
• This week: chapters 3 & 4
• Today’s focus: pg. 32
• Today’s Gospel: Matthew 6:7–15
Today’s Focus:
God wants to collaborate with you to create Holy Moments.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day7) and write down the one thing that most resonates with you.

When have you experienced a Holy Moment?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit

“A Holy Moment is a thing of beauty.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
DAY 8 | BLURRED LINES

Thursday, March 14

**Today’s Focus:**
There is a direct connection between truth and happiness.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day8) and write down the one thing that most resonates with you.

What lie separates you from God?

---

**My Daily Lenten Habit Tracker**

- [ ] Completed today’s [Best Lent Ever reflections](#)
- [ ] Wrote personal reflections in my [journal](#)
- [ ] Kept my [personal Lenten Habit](#)
- [ ] Collaborated with God to create a [Holy Moment](#)

---

“Truth is beautiful, and the truth about you is beautiful.”

Matthew Kelly, *The Biggest Lie in the History of Christianity*
DAY 9 | HE LIVED

Today’s Focus:
There are lies about Christianity—we need to refute them.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day9) and write down the one thing that most resonates with you.

Why do you believe in the person of Jesus? Why do you believe Jesus is who he says he is?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“For two thousand years, non-Christians have been spreading lies about Christians and Christianity.”

Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
• This week: chapters 3 & 4
• Today’s focus: pg. 21
• Today’s Gospel: Matthew 5:20–26
DAY 10 | TRUSTFUL SURRENDER

Today’s Focus:
God calls us to surrender.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day10) and write down the one thing that most resonates with you.

What is preventing you from making yourself 100 percent available to God right now?

Holy Moment Invitation:
Continue to create one Holy Moment each day. Here are more suggestions:

- Pick up after someone else with a cheerful attitude.
- Give a more generous tip to your waiter or barista.
- Make a special breakfast for yourself and your family.
- Write a friend or family member an encouraging letter.
- Take some items you don’t need to a donation center.

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“God invites us to a total surrender and we are afraid to let go.”

Matthew Kelly, The Biggest Lie in the History of Christianity
SECOND SUNDAY | LISTEN TO HIM

Today’s Focus:
God allows us to know him through Jesus.

Personal Reflection:
Watch the Sunday Gospel reflection from BEST LENT EVER (BestLentEver.com/SecondSunday) and write down the one thing that most resonates with you.

How has knowing Jesus changed your life?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white.”

Luke 9:29
DAY 11 | ONE MOMENT

Today’s Focus:
Holiness is possible, one moment at a time.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day11) and write down the one thing that most resonates with you.

How do you live life one moment at a time?

My Daily Lenten Habit Tracker

- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

“Our task is to live holy the present moment.”

Saint Gianna Molla

Recommended Reading:
The Biggest Lie
- This week: chapters 5 & 6
- Today’s focus: pg. 32
DAY 12 | LET’S BE HONEST

Tuesday, March 19

Today’s Focus:
Being honest with God will deepen your relationship with him in a profound way.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day12) and write down the one thing that most resonates with you.

What have you been lying to God about?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“The heroes, champions, and saints that we place on pedestals would be the first to admit that they did not live holy lives—they lived Holy Moments.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
• This week: chapters 5 & 6
• Today’s focus: pg. 35
• Today’s Gospel: Matthew 1:16, 18-21, 24A
DAY 13 | VIRTUOUS

 Wednesday, March 20

Today’s Focus:
The-best-version-of-yourself celebrates virtue and creates Holy Moments.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day13) and write down the one thing that most resonates with you.

Of these three virtues, which would you like to focus on growing in?

patience

 generosity

 self-control

Holy Moment Invitation:
• Before bed, think of the best part of your day.
• Thank God for that moment.
• Listen to an uplifting song.
• Go somewhere to watch a sunrise or sunset.
• Stand in awe and absorb God’s beauty.
• Watch an inspiring movie with family or friends.

“My mere openness to doing the will of God is pleasing to him.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
• This week: chapters 5 & 6
• Today’s focus: pg. 39

Today’s Gospel:
• Matthew 20:17–28

My Daily Lenten Habit Tracker
☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment
Today’s Focus:
We need God’s grace.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day14) and write down the one thing that most resonates with you.

When have you been aware of grace at work in your life?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“IT is never God’s grace that is lacking, but rather our willingness to cooperate with his grace.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
- This week: chapters 5 & 6
- Today’s focus: pg 40
DAY 15 | BE THE CHANGE

Today’s Focus:
The world needs changing, and it is unlikely to happen unless Christians come together to be the change.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day15) and write down the one thing that most resonates with you.

What change would you most like to see in our culture?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“The world needs changing, and this single idea of Holy Moments can change the world again. It has before.”

Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
• This week: chapters 5 & 6
• Today’s focus: pg. 46
• Today’s Gospel: Matthew 21:33–43, 45–46
DAY 16 | BLOOM WHERE YOU’RE PLANTED

Saturday, March 23

Today’s Focus:
Your marriage, your children, your friends, your work . . . every area of your life needs Holy Moments.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day16) and write down the one thing that most resonates with you.

What area in your life needs Holy Moments the most right now?

---

“We can wake each day and joyfully share God’s truth, goodness, and beauty with everyone who crosses our path.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

Recommended Reading:
The Biggest Lie
• This week: chapters 5 & 6
• Today’s focus: pg. 41
Today’s Gospel:
• Luke 15:1–3, 11–32
THIRD SUNDAY | WHERE IS THE FRUIT?

Today’s Focus:
Jesus calls us to repent and to change.

Personal Reflection:
Watch the Sunday Gospel reflection from BEST LENT EVER (BestLentEver.com/ThirdSunday) and write down the one thing that most resonates with you.

What area of your life would you most like to bear fruit right now? How can you cooperate with God to achieve that?

My Daily Lenten Habit Tracker
- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

“But unless you repent you will all likewise perish.”
Luke 13:3
Today's Focus:
The majority of Holy Moments are small and anonymous.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day17) and write down the one thing that most resonates with you.

What do you do that makes the world a better place?

Holy Moment Invitation:
• Cook a meal for a coworker who lost a family member, just had surgery, or is expecting a child.
• Fast from sweets or alcohol for a day.
• Pray for someone who cuts you off in traffic.
• Ask your kids where they saw God’s love for them today.

My Daily Lenten Habit Tracker
☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“For this is the will of God, your sanctification.”
1 Thessalonians 4:3

Recommended Reading:
The Biggest Lie
• This week: chapters 7 & 8
• Today’s focus: pg. 50
Today’s Gospel:
• Luke 15:1–3, 11–32
Today's Focus:
We are a people of possibility, and the Holy Spirit is our great encourager.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day18) and write down the one thing that most resonates with you.

How can you be a person of possibility?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“Each Holy Moment brings with it an injection of joy. Each Holy Moment is its own reward.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
Today’s Focus:
Unless we can differentiate ourselves, we will not transform our culture.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day18) and write down the one thing that most resonates with you.

How do you differentiate yourself from the culture?

My Daily Lenten Habit Tracker
☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“The world needs to be transformed, and nobody is in a better position to do that than Christians.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
Today’s Focus:
In order to bring Christianity back to the center of the culture we need to unite behind a 100 percent issue.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day20) and write down the one thing that most resonates with you.

When have you experienced the power of self-denial?

Recommended Reading:
The Biggest Lie • This week: chapters 7 & 8 • Today’s focus: pg. 58
Today’s Gospel: • Luke 11:14-23

My Daily Lenten Habit Tracker
☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“The future of Christianity around the world depends on unity.”
Matthew Kelly, The Biggest Lie in the History of Christianity
DAY 21 | THE UNDERDOG

Today’s Focus:
The world has written Christianity off, but we are an Easter people—a people of possibility.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day21) and write down the one thing that most resonates with you.

When has God challenged your idea of what is possible?

My Daily Lenten Habit Tracker

- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

Recommended Reading:
The Biggest Lie chapters 7 & 8

Today’s Gospel:
- Mark 12:28–34

“It is time for a Christian comeback.”
Matthew Kelly,
The Biggest Lie in the History of Christianity
DAY 22 | THE WRONG SOLUTION

Today’s Focus:
We can’t solve spiritual problems with worldly solutions.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day22) and write down the one thing that most resonates with you.

Have you ever tried to solve a spiritual problem with a worldly solution?

My Daily Lenten Habit Tracker
☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“Will Christians sit idly by, or will we do everything in our power to ensure that followers of Jesus Christ are free to live his teachings for generations to come?”

Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie • This week: chapters 7 & 8 • Today’s focus: pg. 62
Today’s Gospel: • Luke 18:9-14
FOURTH SUNDAY | THE RETURN

Today’s Focus:
God runs to us—even after we wander from him.

Personal Reflection:
Watch the Sunday Gospel reflection from BEST LENT EVER (BestLentEver.com/FourthSunday) and write down the one thing that most resonates with you.

Today, as Jesus narrates the parable of the return of the prodigal son, which character do you most relate to? Why?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

Recommended Reading:

“His father saw him and had compassion, and ran and embraced him and kissed him.”

Luke 15:20
DAY 23 | BEAUTIFUL CONTEXT

Today’s Focus:
Our faith puts everything in context—this shows us the true value of things.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day23) and write down the one thing that most resonates with you.

When has God rearranged your priorities?

Holy Moment Invitation:
• Put away your phone when you get home.
• Make a budget for the upcoming month.
• Ask a friend or family member how you can pray for them this week.
• Make an effort to truly listen to whomever speaks with you today.

My Daily Lenten Habit Tracker
☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“It’s time for Christians to astound the world with our generosity, kindness, patience, courage, thoughtfulness and selfless care for the weak, poor, and forgotten.”

Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
- This week: chapters 9 & 10
- Today’s focus: pg. 68
- Today’s Gospel: John 4:43-54
DAY 24 | HOLY ATTRACTION

**Today’s Focus:**
There is nothing more attractive than holiness.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day24) and write down the one thing that most resonates with you.

When have you been attracted to holiness?

---

“Holiness is possible for you, and Holy Moments are incredibly contagious.”

Matthew Kelly, *The Biggest Lie in the History of Christianity*

---

**My Daily Lenten Habit Tracker**
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

**Recommended Reading:**
- The Biggest Lie
  - This week: chapters 9 & 10
  - Today’s focus: pg. 69
  - Today’s Gospel: John 5:1-16
DAY 25 | AN ABILITY TO DESIRE

Wednesday, April 3

Today’s Focus:
The early Christians had something the people of their time needed and wanted.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day25) and write down the one thing that most resonates with you.

What do you have that the people around you desperately need today?

My Daily Lenten Habit Tracker

- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“The first Christians presented a radical alternative to the people of their time.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
DAY 26 | ATTRACTION FOR PROMOTION

Today’s Focus:
Christianity has always been about attraction rather than promotion.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day26) and write down the one thing that most resonates with you.

What attracted you to Christianity?

My Daily Lenten Habit Tracker
- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

“We need to show the people of our time what it truly means to be Christian, by living authentic Christian lives.”

Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:
- The Biggest Lie
  - This week: chapters 9 & 10
  - Today’s focus: pg. 72
- Today’s Gospel:
  - John 5:31-47
DAY 27 | THE GOOD DOCTOR

Today’s Focus:
The way to create a new and authentic image of Christianity is to make it about others and address their human needs first.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day27) and write down the one thing that most resonates with you.

Who has been a “good doctor” in your life?

Holy Moment Invitation:
• Get up a few minutes earlier to read a good book or sit in the classroom of silence.
• Take a deep breath when you find yourself feeling overwhelmed or frustrated.
• Take a day—or even a weekend—off from social media.
• Make someone laugh.

My Daily Lenten Habit Tracker

- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

Recommended Reading:
The Biggest Lie chapters 9 & 10
Today’s Focus: pg. 73
Today’s Gospel:
• John 5:31-47

“If we are serious about transforming the culture, we need to get out in the culture.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
Today’s Focus:
Every one of us walks into church with important things on our minds—God wants us to bring them to him.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day28) and write down the one thing that most resonates with you.

What is The Question you are grappling with the most right now?

My Daily Lenten Habit Tracker
- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

“We are yearning for a deeply personal answer to our deeply personal question.”

Matthew Kelly, The Biggest Lie in the History of Christianity
Today’s Focus:
Jesus does not seek to condemn but to love.

Personal Reflection:
Watch the Sunday Gospel reflection from BEST LENT EVER (BestLentEver.com/FifthSunday) and write down the one thing that most resonates with you.

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“He stood up and said to them, ‘Let him who is without sin among you be the first to throw a stone at her.’”

John 8:7
DAY 29 | A HUMAN PERSON

Today’s Focus:
Jesus shares our humanity. He is closer to us and more like us than we often realize.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day29) and write down the one thing that most resonates with you.

When has Jesus addressed your human need?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“Every person who crosses the threshold into church on Sunday is looking for answers and carrying a burden of some kind.”
Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:

The Biggest Lie
• This week: chapters 11 & 12
• Today’s focus: pg. 77
• Today’s Gospel: John 8:12-20
**Today’s Focus:**
Christianity does not have a good reputation today for helping others—it’s up to us to change that.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day30) and write down the one thing that most resonates with you.

---

Have you ever witnessed a miracle?

---

**My Daily Lenten Habit Tracker**

- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

---

“Encouragement is one of the primary responsibilities of the Church and every Christian community.”

Matthew Kelly, *The Biggest Lie in the History of Christianity*
DAY 31 | SERVING POWERFULLY

Wednesday, April 10

Today’s Focus:
God wants us to serve the people of our own time and place and to serve them powerfully.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day31) and write down the one thing that resonates with you the most.

When have you chosen to get involved with someone else’s “mess”?

Holy Moment Invitation:
• Say “I love you” when you don’t feel like it.
• Say a decade of the rosary.
• Offer someone your seat in a crowded room.
• Turn off the music to say a prayer after driving past a car accident.

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“There is no contest between what authentic Christian communities have to offer and what this distorted and morally bankrupt modern secular culture has to offer people.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
• This week: chapters 11 & 12
• Today’s focus: pg. 79
Today’s Gospel:
• John 8:31-42
DAY 32 | A MOMENT OF FORGIVENESS

Today's Focus:
Forgiveness is one of the most difficult and powerful Holy Moments.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day32) and write down the one thing that most resonates with you.

Whom do you need to forgive?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“We are living in a wounded world full of wounded people.”

Matthew Kelly,
The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
- This week: chapters 11 & 12
- Today’s focus: pg. 83
- Today’s Gospel: John 8:51-59
DAY 33 | A WAKE-UP CALL

Today’s Focus:
It is easy for us to sleepwalk through life and miss things. The Gospel is our wake-up call.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day33) and write down the one thing that most resonates with you.

“Sometimes we are just sleepwalking through life, completely unaware of the extraordinary people, moments, and possibilities that surround us.”
Matthew Kelly, *The Biggest Lie in the History of Christianity*

My Daily Lenten Habit Tracker

- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

Recommended Reading:

- The Biggest Lie
  - This week: chapters 11 & 12
  - Today’s focus: pg. 84
- Today’s Gospel:
  - John 10:31–42
Today’s Focus:
We often are discouraged or tempted to make excuses and justifications as to why we can’t live the faith.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day34) and write down the one thing that most resonates with you.

What is your favorite excuse?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“Nothing is more intriguing than the love and goodness of God.”
Matthew Kelly, The Biggest Lie in the History of Christianity
PALM SUNDAY | WHEN DARKNESS REIGNS

Today’s Focus:
The Passion of Jesus was the world’s darkest moment.

Personal Reflection:
Watch the Sunday Gospel reflection from BEST LENT EVER (BestLentEver.com/PalmSunday) and write down the one thing that most resonates with you.

When have you felt darkness overwhelm you in life? What got you through those times?

My Daily Lenten Habit Tracker
☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“Then Jesus, crying with a loud voice, said, ‘Father, into thy hands I commit my spirit!’ And having said this he breathed his last.”

Luke 23:46
**Today’s Focus:**
As Christians we are called to discipleship.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day35) and write down the one thing that most resonates with you.

When have you seen spiritual multiplication at work in your own life?

---

**Holy Moment Invitation:**
In preparation for Easter, consider some of these Holy Moment ideas:

- Attend daily Mass.
- Go to Confession.
- Watch The Passion of the Christ.
- Fast on Good Friday.

---

**My Daily Lenten Habit Tracker**

- [ ] Completed today’s Best Lent Ever reflections
- [ ] Wrote personal reflections in my journal
- [ ] Kept my personal Lenten Habit
- [ ] Collaborated with God to create a Holy Moment

---

“We have one collective mission: to go out and transform the world by making disciples of every nation.”

Matthew Kelly, *The Biggest Lie in the History of Christianity*
DAY 36 | DIRTY LITTLE SECRET

**Today’s Focus:**
Our dirty little secret is that we don’t want our lives to be transformed.

**Personal Reflection:**
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day36) and write down the one thing that most resonates with you.

How do you resist God’s invitation to transform your life?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“God is not in the business of tweaking. God is in the business of transformation.”
Matthew Kelly,
The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
- This week: chapters 13, 14, & 15
- Today’s focus: pg. 97-99
Today’s Focus:
God uses the type of people who make themselves available to him.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/Day37) and write down the one thing that most resonates with you.

When has God’s way taken you by surprise?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“Availability is what God looks for in the résumé of our hearts.”
Matthew Kelly,
The Biggest Lie in the History of Christianity
HOLY THURSDAY | THE BIGGEST MISTAKE

Today’s Focus:
There will be obstacles to the transformation God wants for you. The biggest mistake we can make is relying on ourselves.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/HolyThursday) and write down the one thing that most resonates with you.

When have you relied too much on yourself instead of others or God?

My Daily Lenten Habit Tracker

☐ Completed today’s Best Lent Ever reflections
☐ Wrote personal reflections in my journal
☐ Kept my personal Lenten Habit
☐ Collaborated with God to create a Holy Moment

“God has a mighty, awesome, wonderful transformation in mind for you.”

Matthew Kelly, The Biggest Lie in the History of Christianity

Recommended Reading:
The Biggest Lie
• This week: chapters 13, 14, & 15
• Today’s focus: pg. 103
Today’s Gospel:
• Luke 4:16–21
Today’s Focus:
People won’t do anything until they are inspired, but once they are inspired there is almost nothing they won’t do.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/GoodFriday) and write down the one thing that most resonates with you.

What inspires you?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

Recommended Reading:
The Biggest Lie
- This week: chapters 13, 14, & 15
- Today’s focus: pg. 107
- Today’s Gospel: John 18:1–19:42

“God has a mighty, awesome, wonderful transformation in mind for you.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
HOLY SATURDAY | GOD SAID

Today’s Focus:
God never stops speaking to us, but often we stop listening.

Personal Reflection:
Watch Matthew Kelly’s video and the staff reflection from BEST LENT EVER (BestLentEver.com/HolySaturday) and write down the one thing that most resonates with you.

What is one thing God has helped you discover this Lent?

My Daily Lenten Habit Tracker

- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“If we can drag ourselves away from the crazy, noisy, busy world and step into the classroom of silence, God will speak to us in this place and this time.”

Matthew Kelly,
The Biggest Lie in the History of Christianity
EASTER SUNDAY | VICTORIOUS

Today’s Focus:
If you take part in the movement of creating Holy Moments, something incredible will happen.

Personal Reflection:
Watch today’s Easter video (BestLentEver.com/Easter) and write down the one thing that most resonates with you.

How can your life be changed by the news that Jesus brings life out of death?

My Daily Lenten Habit Tracker
- Completed today’s Best Lent Ever reflections
- Wrote personal reflections in my journal
- Kept my personal Lenten Habit
- Collaborated with God to create a Holy Moment

“He saw and believed.”
John 20:8
CONCLUSION

Happy, happy Easter! We hope this journey to the Resurrection has been life-giving and resulted in a personal resurrection for you, too.

The good news is this is just the beginning. There are innumerable Holy Moments awaiting you. You have a mission—becoming the-best-version-of-yourself. We hope you accept it, and we hope you’ll let us continue to walk with you in this wondrous journey.

God bless,

The Dynamic Catholic Team

For more world-class resources on the Catholic faith and becoming the-best-version-of-yourself, visit DynamicCatholic.com/Resources.
How many people do you know who could benefit from reading this book?

Visit DynamicCatholic.com and request SIX copies for just $18.
HAVE YOU EVER WONDERED HOW THE CATHOLIC FAITH COULD HELP YOU LIVE BETTER?

How it could help you find more joy at work, manage your personal finances, improve your marriage, or make you a better parent?

THERE IS GENIUS IN CATHOLICISM.

When Catholicism is lived as it is intended to be, it elevates every part of our lives. It may sound simple, but they say genius is taking something complex and making it simple.

Dynamic Catholic started with a dream: to help ordinary people discover the genius of Catholicism.

Wherever you are in your journey, we want to meet you there and walk with you, step by step, helping you to discover God and become the best version of yourself.

To find more helpful resources, visit us online at DynamicCatholic.com.

Dynamic Catholic

FEED YOUR SOUL.