

40 DAYS OF MERCY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Mercy is the force that reawakens us to new life and instills in us the courage to look to the future with hope.
- Pope Francis

FEBRUARY 17

ASH WEDNESDAY

We pray, fast, and perform works of mercy in this time of grace, so that the Lord might find our hearts ready and fill them with the victory of his love.
- Pope Francis

18

Take some time to reflect on those in your life who you are most thankful for. Challenge yourself to send a note to that person(s) who come to mind.

19

Pray for families around the world who are struggling spiritually, physically, and emotionally.

20

VISIT THE IMPRISONED:

Send cards to or call people who are homebound, hospitalized, or in residential care facilities.

21

Give to the Second Collection at Mass: Black and Indian Missions Collection

22

Pray the Divine Mercy



23

FEED THE HUNGRY:
Pick up a few extra items from the grocery store this week and donate them to the Knights of Columbus Food Drive.

24

"How happy I am to see myself imperfect and to be in need of God's mercy."

- St. Therese of Lisieux

25

Start a gratitude journal and write down 3 things you are grateful for each day.

26

ADMONISH THE SINNER:

Free yourself of one sinful action by receiving the Sacrament of Reconciliation.

27

BURY THE DEAD:

Visit a gravesite to pray, place flowers, and flags.

28

Take a nature walk with your family or friend.

1

"We are called to show mercy because mercy has first been shown to us."

- Pope Francis

2

GIVE DRINK TO THE THIRSTY:
Donate water to shelters, local police/fire stations, or an organization collecting for an emergency situation.

3

"Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer."

- Padre Pio of Pietrelcina

4

Today, be on the lookout for people you can thank for their kindness, helpfulness, or generosity.

5

Pray the sorrowful mysteries of the rosary.



6

SHELTER THE HOMELESS:

Donate and support organizations that serve the homeless.

7

Give to the Second Collection at Mass: St. Vincent de Paul

8

GIVE ALMS TO THE POOR

Clean out your closet and donate gently used items to a homeless shelter.

9

Eat simply this week and donate the money you save.

10

"Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer."

- Padre Pio of Pietrelcina

11

BEAR WRONGS PATIENTLY:

Go out of your way to show love for or get to know someone you may have passed judgement upon in the past.

12

Attend Stations of the Cross at St. Angela Merici. Stations will begin at 7 PM.

13

Acknowledge on ungrateful thought today and try to transform it into a grateful one.

14

Give to the Second Collection at Mass: Catholic Relief Services Collection

15

Pray the Divine Mercy



16

INSTRUCT THE IGNORANT:

Give someone the chance to learn a skill from you.

17

How is your Lenten prayer going? Remember that Lent is essentially an act of prayer spread over 40 days. As we pray we are brought closer to Christ.

18

Be sure to examine your conscience each day and pray for guidance.

19

Pray the Cantic of Mary (Magnificat). Remember the great things the Lord has done.

20

COUNSEL THE DOUBTFUL:

Share why you have hope with your family and friends.

21

Read and watch the Stories of Hope on the Catholic Relief Services website.

22

"The word of God is alive and powerful, capable of converting hearts and leading them back to God."

- Pope Francis

23

When confronted with your own weakness during Lent, don't give in to anger, frustration and self-pity. Be patient and see yourself as God does with unconditional love.

24

COMFORT THE SORROWFUL:

Pray for families who have lost loved ones.

25

"Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor."

- Pope Francis

26

Pray the sorrowful mysteries of the rosary.



27

"Each life that we encounter is a gift deserving acceptance, respect, and love."

- Pope Francis

28

Palm Sunday: Praise God together with your St. Angela Merici family.

29

VISIT THE SICK:

Bring someone who is sick a home-cooked meal.

30

FORGIVE OFFENSES

Forgive a wrong. Don't hold a grudge. Accept apologies with kindness.

31

Lent officially ends tomorrow. Take time to reflect on how you have been transformed during this Lenten season.

1

HOLY THURSDAY

PRAY FOR THE LIVING AND THE DEAD:
Say the Lord's prayer.

2

GOOD FRIDAY

Observe silence today in reverence for Jesus' sacrifice.

3

HOLY SATURDAY

Pray for all who will be received into the Church at tonight's Easter Vigil.

4

EASTER SUNDAY

We are destined for glory. Spread the Good News and follow God's way.

Prayer for Lent

Lord and Savior, as we undertake this Lenten journey, we seek to know your merciful love in all that you have done for us. May we face our sins squarely, assured that you know and love us as we are. May we always be confident that your mercy is far more powerful than our miserable sins and that you draw all people to yourself. Help us to turn to you in sorrow and to praise you in joy, knowing that you hold all things in your hand.

AMEN

