

Lenten Resources from Bishop Canevin Campus Ministry

"Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation."

-Catherine Doherty

Music

[Dust We Are](#), spotify playlist created by Be a Heart

[Lent means Springtime](#) spotify playlist created by Ryan Flanigan

[Lent](#) spotify playlist with Sacred Ordinary Days

[Catholic Lent 2021](#), spotify playlist created by emmakmcl

[Instrumental Songs of Quiet Worship](#), youtube Celebration Songs

Prayer

[Lent #Pray40 Challenge](#), Hallow application

[8 Ways to Pray During Lent](#), Loyola Press

[Quote a Day Lenten Reflection Journal](#) (free download), Grotto Network

[4 Informal Ways to Pray](#), article from Grotto Network

[Create and Share a Prayer Card](#), FaithND from the University of Notre Dame

[Scriptural Stations of the Cross](#), USCCB

[Stations of the Cross Digital Retreats](#)- Catholic Relief Services

[Stations of the Cross- Overcoming Racism](#), USCCB

[Praying the Stations of the Cross for Victims of Human Trafficking](#), USCCB

[Arts & Faith Lent](#), Loyola Press

Lent with Mental Health/Well-Being In Mind

[It is Okay if You...\(Lenten Edition\)](#), Catholic Mental Health instagram post

[It is Okay if Your Plans for Lent Are...](#) Brick House in the City instagram post

[Some Ideas for Lent If You Feel Like You're in Survival Mode](#), Be a Heart instagram post

[Lent- Integrating Body, Mind, and Soul](#), Your Faithful Therapist instagram post

['Haven't we been living in Lent since last year?' What America's readers are doing this year](#),

article from America

[Any Lent you Can Do, I Can Do Better](#), podcast from St. Dymphna's Playbook

[Lent 2021: What America's editors are giving up \(or taking on\) this year](#), article from America

[5 Lenten Resources to Help You Focus on the Mercy of God](#), post from the Catholic Mental

Health Blog

Lenten Daily or Weekly Reflections

[Steadfast: A Call to Love](#), reflections from Ignatian Solidarity Network

[#ShareJesus](#), videos from Redeemed Online

[Lenten Gospel Reflections](#), Bishop Barron

[Lent with Black Liturgies](#), reflections from Black Liturgies instagram account

[Journey with Lent through Art](#), FaithND (University of Notre Dame)
[Lent Reflections](#) from America Media (Jesuit publication)
[Virtual Lenten Holy Land Pilgrimage](#), FaithND (University of Notre Dame)

Lent Explained

[What is the Purpose of Lent?](#) video from Fr. Mike Schmitz
[Lent- What is is and What it is Not](#), instagram post from Zelig & Lou
[The Spiritual Reason for Fasting](#), video from Franciscan Friars of the Renewal
[10 Things you Might Not Know About Lent](#), video from Spirit Juice
[Lenten Blog Posts](#) from LifeTeen
[Let Go](#), video from Brother Casey of Breaking in the Habit
[Meat on Fridays](#), podcast from Catholic Stuff You Should Know
[A Carnivore's Guide to Lenten Fridays](#) (with recipes!), article from the Grotto Network

Others Ideas on How to Honor Lent

[Ideas for Families to Honor Lenten Season](#), article from Loyola Press
[Pray, Fast, Give Daily Calendar](#), Busted Halo
[1-1-1 Challenge // Lent](#), LifeTeen & The Living Person
[20 Out-of-the-Box Things to Do for Lent](#), article from Ascension Presents
[25 Great Things You Can Do For Lent](#), article from Busted Halo
[Catholic Social Teaching Lenten Tree Activity](#), article from the Diocese of Savannah
[Lenten Food Waste Fast](#), Ignatian Solidarity Network
[Lenten Bundle: What You Need for the Next 40 Days](#), Grotto Network
[Free Lenten Wallpapers for Phone or Desktop](#), Grotto Network
[All About Lent: What's Best for Your Soul This Year?](#) podcast from Fr. Josh Johnson
[Lent & Social Justice](#), article from the Justice and Peace Office of Sydney, Australia
[Lent Pinterest Board](#)

Lenten Reflection Books (available for purchase)

[Lenten Book Study with "This Present Paradise,"](#) facilitated by Abiding Together podcast
[No Unlikely Saints- A Lenten Pilgrimage with Sacred Company](#), by Cameron Bellm & Lauren Winter
[VIA: Finding Hope in the Stations of the Cross](#), LifeTeen
[Various Lenten Books](#) from Ave Maria Press

