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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preparation: Dear Lord, Each day during Lent, may I complete these “Acts of Love” for You and for others. Amen!			Ash Wednesday - Mar. 1 + “Rend your hearts... return to the Lord, your God!” ✠	1 st Thursday - 2 + Pray for the holiness of all priests and seminarians 	1 st Friday - 3 + Pray: “Jesus, Make my heart like Yours!” 	1 st Saturday - 4 + Pray a “Hail Mary;” ask her to lead you to her Son 
5 +Resist one temptation and unite yourself with Jesus in the desert 	6 + Live today in “J.O.Y.” by putting: Jesus 1 st Others 2 nd You 3 rd 	7 + Send a text message to cheer up a friend 	8 + Sweep/vacuum the floor or wash the dishes w/out someone telling you to do it 	9 + Each time you get into a car today, say a prayer for safety 	10 + Give up eating a snack and save the money for the poor 	11 + Arrange your schedule to go to Confession 
12 +Pray an “Our Father” for the person sitting next to you in Church 	13 +Ask your Guardian Angel to protect you 	14 + Avoid any form of complaining 	15 +Pick up a piece of trash on the ground, on the sidewalk, or in the parking lot 	16 +Smile at someone at work or school 	17 St. Patrick - + End your day with five minutes of gratitude, writing down all of your blessings 	18 + Visit or call someone in your family to say hello 
19 + Make an effort to sing during Mass 	20 +Solemnity of St. Joseph +Attend Mass, to honor St. Joseph 	21 + Say “God bless you” to three people you meet 	22 +Wake up five minutes early, to pray for your family and friends 	23 + Send an email to someone to say: “Thank you for being in my life!” 	24 + Pray for all mothers, who are pregnant 	25 +Solemnity of the Annunciation +Attend Mass today; ponder the mystery of the Incarnation 
26 +Volunteer to help at church or another non-profit organization 	27 +Open/hold the door for someone else today 	28 +Say “I’m sorry” to a family member that you may have hurt 	29 + Light a candle and pray for all those who have died 	30 + Turn the tv off and go to sleep early 	31 + Pray one decade of the “Divine Mercy Chaplet” 	April 1 + Instead of doing a prank, perform a kind act 
2 +Go and visit a nursing home, hospital, or someone who is sick 	3 +Each time you check your cell phone, say: “Thank you, God, for the gift of life!” 	4 + Do something to help another person but don’t let anyone know it was you! Shhh.. 	5 + Pray for peace in the world and an end to violence 	6 +Buy a small snack or beverage for someone at school or work 	7 + Pray the “14 Stations of the Cross” 	8 Take a nature walk today 
+ Palm Sunday - 9 + Pray for five minutes before Jesus in the Blessed Sacrament 	10 + Read and reflect on the following Bible passage - John 15:13 	11 + Post a positive idea on social media to inspire someone else 	12 + Throughout the day, stop and say the name: “Jesus!” 	+ Holy Thursday - 13 +Attend the Mass of the Lord’s Supper and pray for the Bishop and Priests of your Diocese 	+ Good Friday - 14 +Pray: “Thank you, Jesus, for dying on the cross for me” 	+ Holy Saturday - 15 +Pray for those who will be baptized and will become members of the Church tonight! 
16 – Easter Sunday: Rejoice! The Lord is Risen! Alleluia! 			Final Prayer: Dear Jesus, thank you for walking on this journey with me. May I always trust in Your Presence in my life. Amen!			