

MY LENTEN PROGRAM

Target: Practice compassion (to conquer my pride and self-love).

Word of Life: *“Be merciful as your heavenly Father is merciful”* (Lk 6:36).

DAY	PRAYER (Pray attentively and devoutly)	FASTING (Practice self-discipline and humility)	ALMSGIVING (Practice charity and compassion)
Sun	- Participate actively at Sunday Mass > Pray for our country	- Observe silence prayerfully	- Speak to a companion I dislike
Mon	- Receive Holy Communion devoutly > Pray for the sick	- Do house chores extraordinarily well	- Give food to the hungry
Tue	- Say daily prayers attentively > Pray for my family	- Obey promptly and cheerfully	- Save money to help the poor
Wed	- Visit Jesus in the Blessed Sacrament > Pray for my parish	- Control my thoughts and imagination	- Visit a sick person
Thu	- Read/reflect on the Word of God > Pray for the missions	- Use the social media moderately	- Forgive someone who offended me
Fri	- Make the Way of the Cross > Pray for the conversion of sinners	- Study my lessons diligently	- Donate clothes to the poor
Sat	- Read a spiritual book > Pray for our leaders	- Control appetite in eating & drinking	- Say an encouraging word to someone

Instructions:

1. Make a weekly Lenten Program (Some entries may remain for a time; new ones may be put in).
2. Sources for inspiration: Liturgy of the Eucharist (Opening prayer, Scriptural readings, Preface, Homily, etc.)
3. Target for the Week: Correct your main defect by practicing the virtue to remedy it.
4. Word of Life: Select a scriptural passage or a meaningful word to inspire and guide you.
5. Daily meaningful actions: To be done at a most convenient time of the day.

For example:

- a. Drink a glass of water. [Water is life-giving; it reminds me of Baptism. I thank God for His grace flowing in me.]
- b. Do some deep breathing in the open air. [Air keeps me alive. I breathe in the Holy Spirit to fill my whole being.]
- c. Reflect on a lighted candle. [Observe the flame as it gives light. In so doing, the wax is consumed as a sacrifice. Is my life like that?]
- d. Look up at the blue sky. [The sky reminds me of heaven. God is always looking down upon me. I look up to Him.]
- e. Admire the stars at night. [See billions of stars! Yet, I am more important than any one of them. I am lost in God’s immensity.]
- f. Feel the soil with your hands/feet. [I came from soil; I’ll go back to the soil. I am humbled. Yet God calls me to live with Him.]
- g. Wonder at the beauty of a flower, fruit, or leaf. [I admire the beauty of creation. I am the best of all. I take care of myself.]
- h. Embrace a tree. [When I embrace a tree, I embrace its Creator. Do I feel God lovingly embracing me?]
- i. Feel the flowing water with your hands. [What a nice feeling! I imagine God’s grace flowing and filling my whole being.]
- j. Blow to make a leaf sway. [The Holy Spirit is God’s life-giving breath. Do I sway to His blowing?]
- k. Make a gentle movement or gesture with your body. [I do this movement to let my body express my love for God.]
- l. Sing a hymn/favorite song. [I sing to God. He is happy to listen to my song. I will also listen to His song for me.]
- m. Feel your pulse, the beating of your heart. [Every beat is a beat with love. I wish my love for God will last forever.]
- n. Feel the heat of the sun. [O, the sun is so bright and fiery. God is like the sun. His great energy transforms me.]
- o. Watch how an insect or animal moves. [I see life all around me, even in the tiniest creatures. I respect life created by God.]
- p. Draw something on paper with pencil/crayons. [I look at my drawing. What does it tell me? I reflect and pray.]
- q. Whisper a prayer or a wish. [When I pray, I tell God that I love Him. When He speaks, He tells me that He loves me.]
- r. Walk leisurely in the garden. [I imagine that I walk in the Garden of Eden. I invite God to walk with me.]
- s. Sit quietly and close your eyes. [What do I see with closed eyes? I thank God that I am not blind. But sometimes I do not see.]
- t. Pick up a stone and play with it. [How old is this stone? Where did it come from? What will happen to it in the future?]

On your own, you may choose to do some other inspiring actions. Listen to your heart; it will tell you what to do.