

Lent Activity Calendar

Week 1

at the
foot of the cross

A Lenten journey from Family Rosary

WEDNESDAY 17

ASH WEDNESDAY

ACTIVITY

Choose one small sacrifice to make during Lent and offer it to God in prayer. Ask God to bless your Lenten journey and help you grow closer to Him.

[Remember: today is Ash Wednesday, a day of fasting (limiting food intake) and abstinence (not eating meat).]

REFLECTION:

"When you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men..." (Matthew 6:16)

THURSDAY 18

ACTIVITY

Attend Mass or watch Mass online. Daily Mass is available via livestream at 12 p.m. (ET) from [facebook.com/familyrosary](https://www.facebook.com/familyrosary)

REFLECTION:

I have set before you life and death, the blessing and the curse. Choose life, then... (Deuteronomy 30:19)

FRIDAY 19

ACTIVITY

Abstinence (not eating meat) is practiced on Fridays during Lent. Gather with your family for a meatless meal today. You can find recipes on Family Rosary's website.

REFLECTION:

Have mercy on me, God, in Your goodness; in the greatness of Your compassion wipe out my offense. (Psalm 51:1)

SATURDAY 20

ACTIVITY

Find a jar or container and set it aside for the remainder of Lent. Throughout the season, collect loose change and donate it to a charity when Easter comes.

REFLECTION:

If you remove from your midst oppression, false accusation and malicious speech; If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness, and the gloom shall become for you like midday. (Isaiah 58:9-10)



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Lent Activity Calendar

Week 2

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A Lenten journey from Family Rosary

SUNDAY	21	FIRST SUNDAY OF LENT
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ACTIVITY
Pray a "Hail Mary" for someone who is struggling with temptation today. You can also learn more about the meaning of Lent in our ebook, "Why is Lent 40 Days?" at FamilyRosary.org.

REFLECTION:
The Spirit drove Jesus out into the desert, and He remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to Him. (Mark 1:12-13)

THURSDAY	25
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ACTIVITY
Pray for an increase of vocations to the priesthood and religious life, and for an increase of faithful, joy-filled marriages.

REFLECTION:
"Which one of you would hand his son a stone when he asked for a loaf of bread, or a snake when he asked for a fish? If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask Him." (Matthew 7:9-11)

MONDAY	22	CHAIR OF SAINT PETER
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ACTIVITY
Read today's reflection on the Feast of the Chair of Saint Peter at FamilyRosary.org. As a family, pray that the pope and bishops will be guided by the Holy Spirit.

REFLECTION:
[Jesus] said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God." (Matthew 16:15-16)

FRIDAY	26
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ACTIVITY
Gather with your family for a meatless meal today. You can find recipes on Family Rosary's website. When you say grace together, pray for those who go without.

REFLECTION:
Do I indeed derive any pleasure from the death of the wicked? ... Do I not rather rejoice when he turns from his evil way that he may live? (Ezekiel 18:23)

TUESDAY	23
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ACTIVITY
Without being asked, help someone in your family with a chore today.

REFLECTION:
Look to Him that you may be radiant with joy, and your faces may not blush with shame. (Psalm 34:5)

SATURDAY	27
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ACTIVITY
Using materials such as purple cloth, sticks, and nails, create a Lenten display to remind you of the meaning of the season. Many of these materials can be found around the house and outside.

REFLECTION:
You will be a people sacred to the LORD, your God, as He promised. (Deuteronomy 26:19)

WEDNESDAY	24
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ACTIVITY
Give up soda, juice, tea, etc., and drink only water for the day. You can find videos and articles about the meaning and importance of fasting on FamilyRosary.org.

REFLECTION:
For You are not pleased with sacrifices; should I offer a burnt offering, You would not accept it. My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, You will not spurn. (Psalm 51:16-17)



Lent Activity Calendar

Week 3

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A Lenten journey from Family Rosary

SUNDAY	28	SECOND SUNDAY OF LENT
ACTIVITY Ask Mary to intercede for someone who has been unkind to you.		
REFLECTION: If God is for us, who can be against us? He who did not spare His own Son but handed Him over for us all, how will He not also give us everything else along with Him? (Romans 8:31-32)		

MONDAY	1
ACTIVITY Visit FamilyRosary.org for our most recent written reflections on the meaning and purpose of Lent. Share one with your family.	
REFLECTION: "Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap." (Luke 6:28)	

TUESDAY	2
ACTIVITY If you do not usually begin your day with a prayer, start this day with a prayer in which you offer everything you do to God through Mary. This is something that can be done every day.	
REFLECTION: "The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted." (Matthew 23:11-12)	

WEDNESDAY	3	SAINT KATHARINE DREXEL
ACTIVITY Today is the feast of Saint Katharine Drexel, a religious sister who established schools for poor Native Americans. In honor of her spirit of generosity, do a chore for someone in your family today.		
REFLECTION: "Whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave. Just so, the Son of Man did not come to be served but to serve and to give His life as a ransom for many." (Matthew 20:26-28)		

THURSDAY	4
ACTIVITY One great way to prepare for Mass is to read the readings ahead of time. Read this coming Sunday's readings (they can be found online) with your family and share something that God is saying to you through His Word.	
REFLECTION: Blessed is the man who trusts in the LORD, whose hope is the LORD. (Jeremiah 17:7)	

FRIDAY	5
ACTIVITY Gather with your family for a meatless meal today. You can find recipes on Family Rosary's website. Discuss together: some people don't have difficulty giving up meat. What else could we do for God this Lent?	
REFLECTION: God so loved the world that He gave His only-begotten Son; so that everyone who believes in Him might have eternal life. (John 3:16)	

SATURDAY	6
ACTIVITY Find a Marian prayer that you do not already know, pray it, and begin to commit it to memory. Consider using the "Hail, Holy Queen" or the "Ave Maris Stella" ("Hail, Bright Star of Ocean").	
REFLECTION: For as the heavens are high above the earth, so surpassing is His kindness toward those who fear Him. As far as the east is from the west, so far has He put our transgressions from us. (Psalm 103:11-12)	



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Week 4

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SUNDAY	7	THIRD SUNDAY OF LENT
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ACTIVITY
Take a few minutes with your family to thank God for the gift of each other, then gather as a family to play a board game together.

REFLECTION:
[Jesus] found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area ... and to those who sold doves He said, "Take these out of here, and stop making My Father's house a marketplace." (John 2:13-16)

MONDAY	8
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ACTIVITY
Today is the feast of Saint John of God, a Portuguese man who helped the sick, poor, and elderly during the 16th century. Call an elderly friend or relative who might be alone or lonely today.

REFLECTION:
As the hind longs for the running waters, so my soul longs for You, O God. (Psalm 42:1)

TUESDAY	9
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ACTIVITY
Ask members of your family for forgiveness for times when you have been unkind to them.

REFLECTION:
Peter approached Jesus and asked Him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" Jesus answered, "I say to you, not seven times but seventy-seven times." (Matthew 18:21-22)

WEDNESDAY	10
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ACTIVITY
As a family, write down five manifestations of God's love in your life. Consider visiting FamilyRosary.org to catch up on our recent Lenten reflections and videos.

REFLECTION:
He has proclaimed His word to Jacob, His statutes and His ordinances to Israel. He has not done thus for any other nation; His ordinances He has not made known to them. (Psalm 147:19-20)

THURSDAY	11
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ACTIVITY
Lent is a time of preparation for catechumens, those preparing to receive the sacrament of Baptism at the Easter Vigil. Pray for the catechumens at your parish and throughout the world, asking Mary to intercede for them.

REFLECTION:
Thus says the LORD: This is what I commanded My people: Listen to My voice; then I will be your God and you shall be My people. Walk in all the ways that I command you, so that you may prosper. (Jeremiah 7:23)

FRIDAY	12
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ACTIVITY
Gather with your family for a meatless meal today. You can find recipes on Family Rosary's website. Consider cooking together as a family, making extra, and sharing with a neighbor who may be lonely.

REFLECTION:
I will heal their defection, says the LORD, I will love them freely; for my wrath is turned away from them. I will be like the dew for Israel. (Hosea 14:4-5)

SATURDAY	13
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ACTIVITY
Gather food to donate to a local food pantry or charitable organization today.

REFLECTION:
Come, let us return to the LORD, it is He who has rent, but He will heal us; He has struck us, but He will bind our wounds. He will revive us after two days; on the third day He will raise us up, to live in His presence. (Hosea 6:1-2)



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Week 5

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SUNDAY 14 **FOURTH SUNDAY OF LENT**

ACTIVITY

Watch a religious movie with your family today. If you need ideas, consider downloading PRAY: The Story of Patrick Peyton.

REFLECTION:

And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil ... But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God. (John 3:19-21)

THURSDAY 18

ACTIVITY

Conclude the day by gathering as a family and thanking God for the blessings of the day. Each family member can offer one specific blessing. Ask God for the strength to be more faithful tomorrow.

REFLECTION:

The works that the Father gave Me to accomplish, these works that I perform testify on My behalf that the Father has sent Me. Moreover, the Father who sent Me has testified on My behalf. (John 5:36-37)

MONDAY 15

ACTIVITY

Thank each member of your family for contributing their gifts to your family life by writing each person's gifts on slips of paper with the corresponding name, placing them in a basket, and then reading them out loud together.

REFLECTION:

Lo, I am about to create new heavens and a new earth; The things of the past shall not be remembered or come to mind. (Isaiah 65:17)

FRIDAY 19 **SOLEMNITY OF SAINT JOSEPH**

ACTIVITY

Today is the Solemnity of Saint Joseph, Husband of Mary. Pray a decade of the Rosary with your family, meditating on the mystery of the Nativity, and then share ways that Joseph was a model husband and father.

REFLECTION:

Joseph and Mary are the summit from which holiness spreads over all the earth ... The Savior began the work of salvation by this virginal and holy union, wherein is manifested His all-powerful will to purify and sanctify the family—the sanctuary of love and cradle of life. (John Paul II, Redemptoris Custos 7)

TUESDAY 16

ACTIVITY

Light a candle and pray for someone who is in need of grace, strength, or healing.

REFLECTION:

[Jesus] said to him, "Do you want to be well?" (John 5:6)

SATURDAY 20

ACTIVITY

If the weather permits, take a walk with your family today. If you are unable to take a walk, spend quality time together inside doing an activity of your choice.

REFLECTION:

Blessed are they who have kept the word with a generous heart and yield a harvest through perseverance. (cf. Luke 8:15)

WEDNESDAY 17 **SAINT PATRICK'S DAY**

ACTIVITY

Today is the Feast of Saint Patrick. Saint Patrick preached the Gospel in Ireland. Tell someone in your family the story of Jesus' Passion, Death, and Resurrection.

REFLECTION:

"Amen, amen, I say to you, whoever hears My word and believes in the One who sent Me has eternal life and will not come to condemnation, but has passed from death to life." (John 5:24)



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Week 6

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SUNDAY	21	FIFTH SUNDAY OF LENT
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ACTIVITY
Easter is now only two weeks away! Gather as a family to pray the Rosary together, meditating on the Glorious Mysteries.

REFLECTION:
"Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life." (John 12:24-25)

THURSDAY	25	SOLEMNITY OF THE ANNUNCIATION
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ACTIVITY
Read the story of the Annunciation, Luke 1:26-38, with your family today, and discuss together how you can say "yes" to God's plan for your family as Mary did.

REFLECTION:
Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. (Luke 1:38)

MONDAY	22
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ACTIVITY
Visit FamilyRosary.org to reflect on our latest Lenten content. When you read or view something that is particularly significant to you, discuss it with your family.

REFLECTION:
I take no pleasure in the death of the wicked man, says the Lord, but rather in his conversion, that he may live. (Ezekiel 33:11)

FRIDAY	26
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ACTIVITY
Gather with your family for a meatless meal today. You can find recipes on Family Rosary's website.

REFLECTION:
In my distress I called upon the LORD and cried out to my God; From His temple He heard my voice, and my cry to Him reached His ears. (Psalm 18:6)

TUESDAY	23
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ACTIVITY
Make a special effort not to complain today.

REFLECTION:
"I do nothing on My own, but I say only what the Father taught Me." (John 8:28)

SATURDAY	27
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ACTIVITY
The purpose of our Lenten practices is to help us turn away from sin and unite our hearts to God's. Find a good examination of conscience (these are available online) and, if you are able, consider receiving the sacrament of Confession so that you can celebrate Easter with a heart free for God.

REFLECTION:
Thus says the Lord GOD: I will take the children of Israel from among the nations to which they have come, and gather them from all sides to bring them back to their land. (Ezekiel 37:21)

WEDNESDAY	24
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ACTIVITY
Attend Mass or watch Mass online. Daily Mass is available via livestream at 12 p.m. (ET) from facebook.com/familyrosary

REFLECTION:
Jesus answered them, "Amen, amen, I say to you, everyone who commits sin is a slave of sin. A slave does not remain in a household forever, but a son always remains. So if the Son frees you, then you will truly be free. (John 8:34-36)



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Week 7

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SUNDAY	28	PALM SUNDAY
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ACTIVITY
Holy Week begins today. As we prepare to celebrate the Passion and Resurrection of Jesus, spend five minutes talking to Jesus and telling Him that you are grateful for the love He shows us in the events we celebrate this week.

REFLECTION:
Christ Jesus, though He was in the form of God, did not regard equality with God something to be grasped. Rather, He emptied Himself, taking the form of a slave, coming in human likeness; and found human in appearance, He humbled Himself, becoming obedient to the point of death, even death on a cross. (Philippians 2:5-8)

THURSDAY	1	HOLY THURSDAY
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ACTIVITY
As a family, read John 13:1-20. Then, choose someone (usually the head of the family) to wash the others' feet. This is a symbolic gesture in imitation of Jesus' humility.

REFLECTION:
The Lord Jesus, on the night He was handed over, took bread, and, after He had given thanks, broke it and said, "This is My body that is for you. Do this in remembrance of Me." In the same way also the cup, after supper, saying, "This cup is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me." (1 Corinthians 11:23-25)

MONDAY	29	MONDAY OF HOLY WEEK
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ACTIVITY
Choose or write a short prayer to say with your family each night of this special week.

REFLECTION:
Mary [the sister of Lazarus] took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair; the house was filled with the fragrance of the oil. (John 12:3)

FRIDAY	2	GOOD FRIDAY
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ACTIVITY
Find a list or depiction of the Stations of the Cross and share it with your family. Then, discuss which station is especially meaningful for you. (Remember: today is Good Friday, a day of fasting and abstinence.)

REFLECTION:
For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help. (Hebrews 4:15-16)

TUESDAY	30	TUESDAY OF HOLY WEEK
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ACTIVITY
Pray a decade of the Rosary today with your family, meditating on the mystery of the Agony in the Garden. Meditate on how much Jesus loves us when He commits Himself to being crucified for love of us.

REFLECTION:
Simon Peter said to Him, "Master, where are You going?" Jesus answered him, "Where I am going, you cannot follow Me now, though you will follow later." (John 13:36)

SATURDAY	3	HOLY SATURDAY
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ACTIVITY
Keep today simple. Eat simple meals, abstain from listening to music, and make extra time for prayer. Today's simplicity will make tomorrow's celebration even more festive!

REFLECTION:
This is the night, when Christ broke the prison-bars of death and rose victorious from the underworld. Our birth would have been no gain, had we not been redeemed. (From the Exsultet, Easter Vigil in the Holy Night)

WEDNESDAY	31	WEDNESDAY OF HOLY WEEK
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ACTIVITY
Write a small note to each member of your family, wishing them a happy Easter. Put these notes in a safe place and distribute them on Easter Sunday.

REFLECTION:
The Lord GOD is my help, therefore I am not disgraced; I have set my face like flint, knowing that I shall not be put to shame. He is near who upholds my right. (Isaiah 50:7-8)



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Week 7

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SUNDAY

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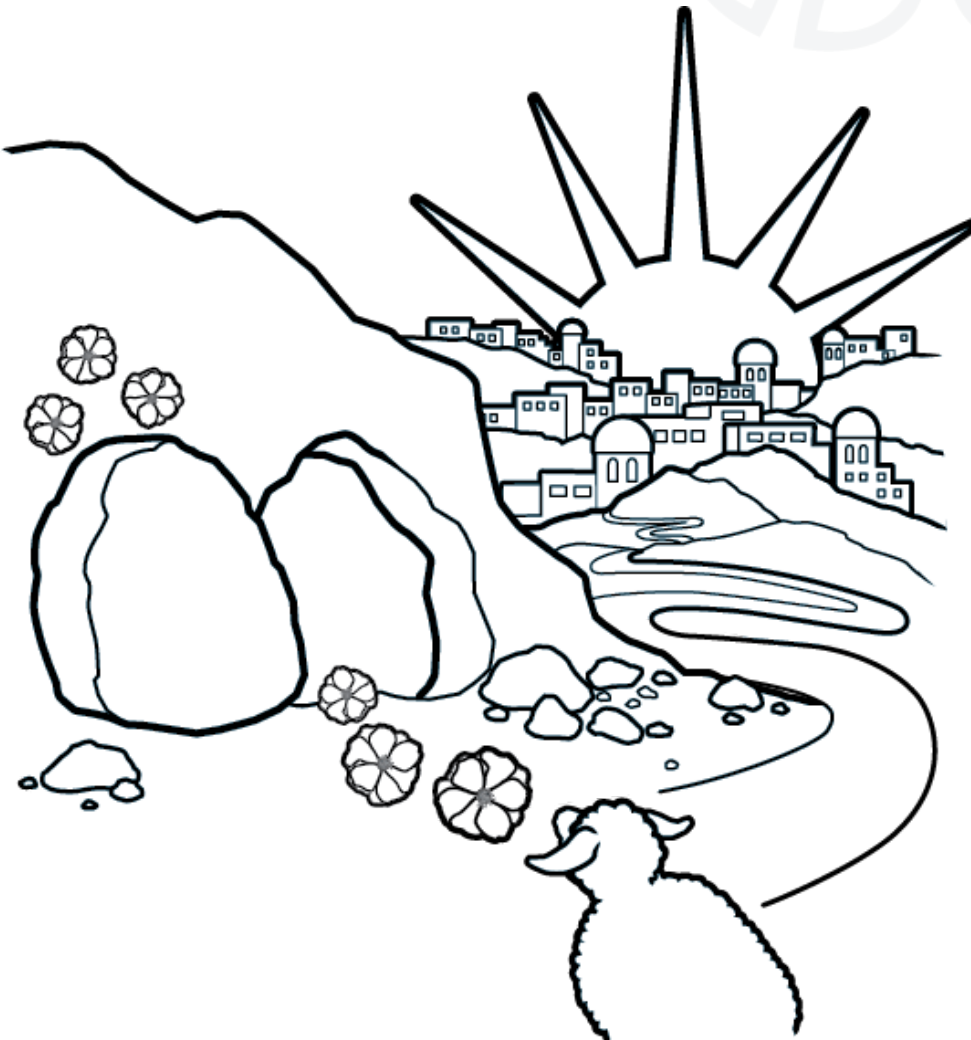
EASTER SUNDAY

ACTIVITY

"Christ is risen!" This is the traditional Easter greeting shared in many languages among Christians. When you greet people, especially your family, today and during the Easter Octave (the eight days of Easter beginning today and continuing until next Sunday), try to remember to use this phrase. The response is "He is risen indeed. Alleluia!" Practices like this one help us to remember what we are celebrating during this special time. And don't forget: even though our Lenten journey is over, Easter lasts for fifty days! There are many ways to continue to rejoice.

REFLECTION:

Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered His head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. (John 20:3-8)



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