



# CHRIST IN THE CITY 40 DAYS. 40 NAMES.



Join 5,000+ people across the country in these **daily challenges & prayer for the homeless** by name each day during Lent!

- ☐ **DAY 1**  
Mar 2 **Make a prayer space in your home**  
Pray for Mama Jerri
- ☐ **DAY 2**  
Mar 3 **Give away an item you value**  
Pray for Steve
- ☐ **DAY 3**  
Mar 4 **Attend Stations of the Cross**  
Pray for Josh
- ☐ **DAY 4**  
Mar 5 **Write a note to someone who has impacted your life**  
Pray for Wilfredo
- SUNDAY:**  
Mar 6 **Pray the Glorious Mysteries of the rosary** Reflections available at [christinthecity.org/rosary](http://christinthecity.org/rosary)
- ☐ **DAY 5**  
Mar 7 **Invest in a coworker or neighbor**  
Pray for Crystal
- ☐ **DAY 6**  
Mar 8 **Take 10 minutes of silence in the middle of the day**  
Pray for Robert
- ☐ **DAY 7**  
Mar 9 **Fast from eating between meals**  
Pray for Shanna
- ☐ **DAY 8**  
Mar 10 **Ask a friend for prayer intentions**  
Pray for Freddy
- ☐ **DAY 9**  
Mar 11 **Let your favorite priest(s) know you appreciate them**  
Pray for Lucky
- ☐ **DAY 10**  
Mar 12 **Invite a friend to volunteer somewhere with you**  
Pray for Daren
- SUNDAY:**  
Mar 13 **Pray the Joyful Mysteries of the rosary** Reflections available at [christinthecity.org/rosary](http://christinthecity.org/rosary)
- ☐ **DAY 11**  
Mar 14 **Intentionally listen throughout the day**  
Pray for Six
- ☐ **DAY 12**  
Mar 15 **Learn about a Saint and share their story with someone**  
Pray for Rodney

- ☐ **DAY 13**  
Mar 16 **Fast from media, find a way to embrace silence**  
Pray for Bill
- ☐ **DAY 14**  
Mar 17 **Reflect with gratitude at the end of the day**  
Pray for Ed
- ☐ **DAY 15**  
Mar 18 **Exercise and offer it up**  
Pray for Mike
- ☐ **DAY 16**  
Mar 19 **Find a creative way to celebrate St. Joseph's Feast Day!**  
Pray for Little Joe
- SUNDAY:**  
Mar 20 **Pray the Sorrowful Mysteries of the rosary** Reflections available at [christinthecity.org/rosary](http://christinthecity.org/rosary)
- ☐ **DAY 17**  
Mar 21 **Call someone who lives alone**  
Pray for Skye
- ☐ **DAY 18**  
Mar 22 **Offer your name and a smile to someone new**  
Pray for Ron
- ☐ **DAY 19**  
Mar 23 **Treat someone to coffee**  
Pray for Bruce
- ☐ **DAY 20**  
Mar 24 **Pray for someone who has impacted your life**  
Pray for Larry
- ☐ **DAY 21**  
Mar 25 **Go to Mass, ask for Mary's intercession on this Solemnity**  
Pray for Elaine
- ☐ **DAY 22**  
Mar 26 **Make homeless care kits**  
Visit [christinthecity.org/tips](http://christinthecity.org/tips)  
Pray for James
- SUNDAY:**  
Mar 27 **Pray the Luminous Mysteries of the rosary** Reflections available at [christinthecity.org/rosary](http://christinthecity.org/rosary)
- ☐ **DAY 23**  
Mar 28 **Listen to a Catholic podcast**  
Pray for Kevin
- ☐ **DAY 24**  
Mar 29 **Reach out to your parents or a family member**  
Pray for Max
- ☐ **DAY 25**  
Mar 30 **Donate to a parish or charitable cause**  
Pray for Levi
- ☐ **DAY 26**  
Mar 31 **Reach out and encourage someone who is struggling**  
Pray for Chris

- ☐ **DAY 27**  
Apr 1 **Cook for a friend**  
Pray for Auggie
- ☐ **DAY 28**  
Apr 2 **Declutter an area of your home**  
Pray for Howie
- SUNDAY:**  
Apr 3 **Pray the Glorious Mysteries of the rosary** Reflections available at [christinthecity.org/rosary](http://christinthecity.org/rosary)
- ☐ **DAY 29**  
Apr 4 **Repeat an outfit from the day before**  
Pray for Mark
- ☐ **DAY 30**  
Apr 5 **Thank a teacher**  
Pray for Rudy
- ☐ **DAY 31**  
Apr 6 **Spend 30 minutes in a Chapel**  
Pray for David
- ☐ **DAY 32**  
Apr 7 **Take a photo to remember the day**  
Pray for Jessie
- ☐ **DAY 33**  
Apr 8 **Do one small act of kindness**  
Pray for Brooks
- ☐ **DAY 34**  
Apr 9 **Go to Confession**  
Pray for Peter
- SUNDAY:**  
Apr 10 **Pray the Sorrowful Mysteries of the rosary** Reflections available at [christinthecity.org/rosary](http://christinthecity.org/rosary)
- ☐ **DAY 35**  
Apr 11 **Make a new friend**  
Pray for Patrick
- ☐ **DAY 36**  
Apr 12 **Reflect on the Gospel of the day**  
Pray for Anthony
- ☐ **DAY 37**  
Apr 13 **Make a list of reasons to be grateful and thank God for them**  
Pray for Allen
- ☐ **DAY 38**  
Apr 14 **Attend a Holy Thursday service**  
Pray for Jacob
- ☐ **DAY 39**  
Apr 15 **Reflect on the 5 wounds of Christ**  
Pray for Sheri
- ☐ **DAY 40**  
Apr 16 **Reflect with gratitude**  
Pray for Reggie

**April 17 | Happy Easter!**



If this calendar helped you grow in faith and service this Lent, consider making a donation for our ministry to continue at [www.christinthecity.org/lent](http://www.christinthecity.org/lent).



# CHRIST IN THE CITY

Our ministry is dedicated to empowering people just like you to understand the complexity of homelessness and to discover practical and relational solutions for real change in your own community.

## PRAYER

This Lent, the Christ in the City missionaries will be uniting in prayer with 5,000+ people across the country. On each day, you'll find the name of one of our closest homeless friends to pray for!



**DAY 1**  
Mar 26

**Make a prayer space in your home**

Pray for Mama Jerri



**DAY 3**  
Mar 4

**Attend Stations of the Cross**

Pray for Josh

## FASTING

Join us in these daily challenges. Fasting allows us to put the created order and our spiritual life in proper balance. The small suffering we experience when we fast can bring us closer to Christ's own suffering on the cross.



**DAY 7**  
Mar 9

**Fast from eating between meals**

Pray for Shanna



**DAY 13**  
Mar 16

**Fast from media, find a way to embrace silence**

Pray for Bill

## ALMSGIVING

Almsgiving is an act of solidarity with those who struggle with poverty, helping us to recognize our common humanity.

**By joining Known & Loved,** our monthly giving community, you are sending people out across the country to encounter the poor using Christ in the City's relational approach-- **seeing a person to be loved, not a problem to be fixed.** Join this Lent and get a Mother Teresa mug! Donate at [www.christinthecity.org](http://www.christinthecity.org) today.

**GIVE MONTHLY,  
GET A MUG!**

