



# LENTEN CALENDAR

## 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
			<b>MARCH</b> <b>5</b> Reflect: What are your hopes for this Lent? Pray for Howie	<b>6</b> Make a prayer space in your home. Pray for James	<b>7</b> Abstain from eating meat Pray for Dustin	<b>8</b> Write down one way you can serve the poor this lent. Pray for Hugh
<b>9</b> Call someone you haven't talked to in a while. Pray for Roy	<b>10</b> Pray a decade of the Rosary Pray for Bill	<b>11</b> Thank someone who has impacted you Pray for Rock	<b>12</b> Do a nightly examen Pray for Dave	<b>13</b> Write a thank you note to a priest Pray for Tony	<b>14</b> Take a cold shower and offer it for someone Pray for Josh	<b>15</b> Do a chore you've been putting off Pray for Ben
<b>16</b> Learn about a new saint Pray for Louis	<b>17</b> Reflect on your spiritual journey so far Pray for Daniel	<b>18</b> Give away something you like to someone in need Pray for Kidd	<b>19</b> Go to daily mass or pray in a church Pray for Tom	<b>20</b> Take a walk and offer a prayer Pray for Alan	<b>21</b> Read a scripture passage Pray for Oscar	<b>22</b> Make a care kit to give to the poor Visit christinthecity.org/tips Pray for Juan
<b>23</b> Reflect: How do you relate to today's gospel? Pray for Jerome	<b>24</b> Spend 20 minutes in silence Pray for Landon	<b>25</b> Pray a Rosary for a mother you know Pray for Karryn	<b>26</b> Give Alms Pray for Butterfly	<b>27</b> Spend time in Eucharistic Adoration Pray for Tim	<b>28</b> Renew your Lenten commitments Pray for Astor	<b>29</b> Reflect: What is one place where God is inviting you to show more mercy? Pray for William
<b>30</b> Do a random act of kindness Pray for Moses	<b>31</b> Pray the Divine Mercy Chaplet Pray for Jonathan	<b>APRIL</b> <b>1</b> Thank God for your clothes & organize them Pray for Scott	<b>2</b> Pray for those who are hungry today Pray for Erin	<b>3</b> Get rid of 5 cluttered items Pray for Mike	<b>4</b> Fast: No social media / screen time today Pray for Mandy	<b>5</b> Reflect: Where can you go to find rest in the Lord? Pray for Joshua
<b>6</b> Reflect: How do you relate to today's gospel? Pray for Nemo	<b>7</b> Go to Daily Mass or pray in a church Pray for Laurie	<b>8</b> Thank God for feeding you each day Pray for Mark	<b>9</b> Downsize or simplify in some way Pray for Noralyn	<b>10</b> Call someone you love Pray for Jon	<b>11</b> Fast: Make all your food at home Pray for Joel	<b>12</b> Find a way to serve someone in need Pray for Barry
<b>13</b> Pray a rosary for those experiencing homelessness Pray for Marie	<b>14</b> Pray the Stations of the Cross Pray for Robert	<b>15</b> Reflect: How can you prepare your heart for Easter? Pray for Carl	<b>16</b> Pray for someone you know who is in need of healing Pray for Brando	<b>17</b> Fast: Abstain from drinks besides water Pray for Tyree	<b>18</b> Reflect: How do you experience Jesus' love on the cross? Pray for Tracy	<b>19</b> Reflect: Why is the Resurrection important to you? Pray for Uncle Joe
<b>HOLY THURSDAY   GOOD FRIDAY   HOLY SATURDAY</b>						



**VIEW OUR NEW  
DIGITAL CALENDAR**  
[christinthecity.org/LENT](http://christinthecity.org/LENT)

Our new online calendar is interactive and  
engaging with more in depth exclusive content.

APRIL 20TH  
**HAPPY EASTER!!**



At Christ in the City, we understand that the cycle of poverty can be broken by the strength of human connection. Healing for our homeless friends doesn't happen without relationship. That's why missionaries walk the same streets every day, rooted in prayer and guided by the Holy Spirit, to meet the homeless with friendship.

Join Us & Learn More at [www.christinthecity.org](http://www.christinthecity.org)

# PRAYER

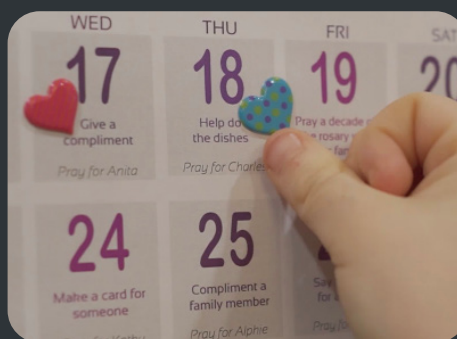
This Lent, the missionaries will be uniting in prayer with 5,000+ people across the country using this calendar. On each day, you'll find the name of one of our closest homeless friends to pray for with us!



Place a sticker in each box when you complete the challenge!

# 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.



# ALMSGIVING

Almsgiving, a powerful act of solidarity, invites us into a shared human experience with those wrestling against poverty. It's a call to recognize the threads that weave our common humanity.

**By making a Lenten donation,** 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.

Donate at [christinthecity.org/lent](http://christinthecity.org/lent) today

## SUPPORT THE MISSION

MAKE A LENTEN GIFT



[christinthecity.org](http://christinthecity.org)