



# Not Your Typical Church Ladies Podcast

## Practicing Lent One Day at a Time

Lent 2024



# Ash Wednesday

“Even now, says the Lord, return to me with your whole heart.”

What keeps you from living whole-heartedly?

“Behold, now is a very acceptable time; behold, now is the day of salvation.”

What would it look like for you, right now, today, to open your heart to God?

“But when you pray, go to your inner room, close the door, and pray to your Father in secret.”

Where can you create some sacred space in which to be with God each day this Lent?

# Ash Wednesday



*song of the day*

For King and Country  
"Wholehearted"



## Join us

Ash Wednesday (Feb 14th)

Masses: 6:45 AM (T); 9 AM (SC); 7 PM (SC)

Ash and Word Service: 12:10 PM (T)

Soup Supper: 5:30 PM (SC)-prior to 7 PM Mass

# First Week of Lent

## 2.18.24

“When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made.”

What reminds you of God's promises when things look bleak?

“The Spirit drove Jesus out into the desert.”

When have you felt driven to make a change?

“Jesus came to Galilee proclaiming the gospel of God: ‘This is the time of fulfillment.’”

What do you hope God fulfills in your life this Lent?

# First Week of Lent

## 2.18.24



*song of the week*

Colton Dixon  
"Build a Boat"



"Build a Boat"

## weekly challenge

Create a Lenten prayer space in your home, perhaps on a small side table. Use violet cloth and reminders of the liturgical time. A small bowl of sand may remind your family of Jesus' temptations in the desert and his faithfulness to his mission. Add an alms box or basket to hold money saved by simplifying your diet and activities.

# Second Week of Lent

## 2.25.24

"I will bless you abundantly...and in your descendants all the nations of the earth shall find blessing...all this because you obeyed my command."

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When has listening for God's will for you blessed you abundantly?

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"If God is for us, who can be against us?"

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When have you felt God's protection in your life?

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Jesus took Peter, James, and John and led them up on a high mountain apart by themselves."

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When has God taken you aside to show his heart to you?

# Second Week of Lent

## 2.25.24



*song of the week*

Tauren Wells  
"Hills and Valleys"



"Hills and Valleys"

## weekly challenge

Brainstorm ideas for small things that you can do this week to show love for God and kindness to others, and to help alleviate some of the suffering in the world caused by sin. Make a list with at least one thing for each day. Check off your offerings as you complete them. Examples might include offering a kind word to someone who irritates you, letting someone go ahead of you in line, or praying for someone who cuts you off in traffic.

# Third Week of Lent

## 3.3.24

"I the Lord, am your God, who brought you out of the land of Egypt, that place of slavery."

From what has God set you free?

"Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified."

What stumbling blocks get in the way of your faith in Jesus?

"Jesus made a whip out of cords and drove the money changers out of the temple area."

When have you desired a place at a table Jesus would have flipped?



# Third Week of Lent

## 3.3.24



*song of the week*

Matt Redman  
"The Heart of Worship"



## weekly challenge

Think of how God's justice and mercy have been manifested in your life. Make lists of your experiences of God's justice and mercy. Meditate on the list and write down what you've learned from each of the experiences.

# Fourth Week of Lent

## 3.10.24

“Their enemies burnt the house of God, tore down the walls of Jerusalem, set all its’ palaces afire, and destroyed all its’ precious objects.”

What things sacred to you have you lost?

“For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.”

How do you live your life as though you were a temple of God?

“The light came into the world, but people preferred darkness to light.”

What is holding you back from stepping into God’s light?

# Fourth Week of Lent

## 3.10.24



*song of the week*

We the Kingdom  
"God So Loved"



## weekly challenge

Spend fifteen minutes some evening with all the lights turned off. Afterward, reflect on the metaphor of light and darkness. Is there anything attractive about the darkness? Can you understand why some people would prefer darkness to light?

# Fifth Week of Lent

## 3.17.24

"I will place my law within them and write it upon their hearts."

What do you know in your heart to be true?

"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."

When has growth felt like a dying to you?

"I am troubled now. Yet what should I say, 'Father, save me from this hour'? But it was for this purpose that I came to this hour."

What is your purpose in your life right now?

# Fifth Week of Lent

## 3.17.24



*song of the week*

Bethel Music  
"King of My Heart"



"King of My Heart"

## weekly challenge

Read about the life of Nelson Mandela (or perhaps watch the film *Invictus*) and discuss the transformative power of forgiveness.

The word "obedience" sometimes wrongly connotes a mindless, robotic compliance. Find and discuss two to three examples of contemporary people whose obedience you find noble and inspiring.

# Palm Sunday

“Morning after morning, he opens my ear that I may hear; and I have not rebelled, have not turned back.”

When have you not turned your back on God when God's call for you has been difficult?

# Palm Sunday



*song of the week*

Jesus Image  
"Yeshua"



## weekly challenge

God's self-emptying and becoming human is the foundational mystery of Christianity. We can imitate that divine humility in our lives through acts of selflessness and humility. For one day, avoid talking about yourself and strive to remain focused on the person you're with. At the end of the day, reflect and pray about the experience

# Holy Thursday

"I have given you a model to follow, so that as I have done for you, you should also do."

How do you try to love others the way that Jesus loves?



# Holy Thursday



*song of the day*

Matt Maher  
"Abide With Me"



Abide With Me

## Daily Challenge

Spend time in prayer with Jesus during Adoration  
after the 7pm Holy Thursday Mass at St.  
Catherine of Siena.

# Good Friday



“For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.”

Jesus knew his purpose and fulfilled it passionately. What do you think your purpose is in this world?

# Good Friday



*song of the day*

For King & Country  
"Shoulders"



"Shoulders"

## Daily Challenge

Find some "tomb time" to be quiet with God.

Pray for 30 minutes today.

If you feel too busy for 30 minutes,  
you should probably pray for an hour.

# Easter

“They did not yet understand the Scripture that he had to rise from the dead.”

How have you been called to show faith even when you don't totally understand?

# Easter



## Song of The Season

Matt Maher  
"Christ is Risen"



## Easter Challenges

Cultivate practices of gratitude: Take some time to write a note or make a phone call to someone who has done this for you.

Put down the screen and go outside: Find some woods and go walking. Leave your phone behind. Take some space in which you can really notice what's there--unfiltered.

# Go Deeper This Lent



## **Monday Evening Lenten Prayer**

7 PM

Feb 19 (T); Feb 26 (SC)

March 4 (T); March 11 (SC)

## **Lenten Retreat with Fr. Simeon Gallagher,**

**OFMCap**

7 PM Nightly

March 18 (T); March 19 (SC)

March 20 (T); March 21 (SC)

# HOLY WEEK & EASTER Schedule

## **Palm Sunday**

March 23 @ 4 PM (T); 5:30 PM (SC)

March 24 @ 8:45 AM (T); 10:45 AM (SC)

**Holy Thursday** March 28th @ 7 PM (SC)


**Good Friday** March 29th @ 3 PM (SC)

**Vigil Mass**, March 30th @ 8 PM (T)

**Easter Sunday**, March 31st

8:45 AM & 10:45 AM @ T

8:45 AM & 10:45 AM @ SC



## Practicing Lent One Day at a Time

Are you ready to embark on a spiritual journey like no other?

Join us in "Practicing Lent One Day at A Time",  
presented by Not Your Typical Church Ladies -  
where faith meets a fresh perspective!

We believe in exploring faith with a touch of the unexpected.  
Prepare for a conversation beyond the pulpit, an exploration of faith  
that's vibrant, diverse, and deeply personal.

Join us each week on Spotify or YouTube,  
just search Not Your Typical Church Ladies.

Use this companion guide to go deeper into your Lenten Prayer.

Join us in practicing Lent...One Day at a Time  
with Anne, Karen and Vicky