



Prayer

Fasting

Almsgiving

All links in this PDF document are active.

POPE FRANCIS' LENTEN MESSAGE: OUR LENTEN JOURNEY IS SYNODAL

In his message for Lent 2023, Pope Francis encouraged Catholics to listen to what Jesus wants to tell them through the Scriptures and through others. Using the story of Jesus' Transfiguration as a launching point, Pope Francis addressed both the journey of Lent and the Catholic Church's ongoing Synod on Synodality in the message released Feb. 17. <https://bit.ly/3YWQUpv>

POPE FRANCIS' 10 SUGGESTIONS FOR LENT <http://bit.ly/3KygMEb>

USCCB - LENT CALENDAR - Daily Inspiration for Your Lenten Journey | February 22 - April 6
<https://www.usccb.org/resources/2023-daily-lenten-calendar-bilingual>

LENTEN PRAYER RESOURCES

ASCENSION PRESS - Fr. Josh Johnson offers some creative ideas to enter more fully into Lent. <http://bit.ly/3IOUPQ9>

New LENT REFLECTION BOOKLET 2023 - CENTERED ON THE WORD www.bit.ly/ONELenten2023 (slides are also available)

New HALLOW - THE COMPLETE GUIDE TO THE CATHOLIC SEASON OF LENT <https://hallow.com/lent/>

PRAYING LENT - an Online Ministry of Creighton University - February 22 - April 6

Daily Prayer with a link to the readings of the day, a brief meditation, a link to the Daily Reflection for that day and Intercessions from the Liturgy of the Hours. Lots of other resources available on this landing page.
<https://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>

IGNATIAN LENT RESOURCES

<https://www.ignatianspirituality.com/lent/>

AN IGNATIAN PRAYER ADVENTURE

<https://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/an-ignatian-prayer-adventure/>

USCCB - LENTEN PRAYER RESOURCES

<https://www.usccb.org/prayer-and-worship/liturgical-year/lent/prayer-resources-for-lent>

LENTEN ONLINE RETREAT (8 weeks)

<https://onlineministries.creighton.edu/CollaborativeMinistry/Lent/LentOnlineRetreat/>

PRAY THE ROSARY WITH BISHOP BARRON (video)

<https://www.wordonfire.org/rosary/>

New BISHOP BARRON REFLECTS ON THE STATIONS OF THE CROSS (video) <https://www.wofdigital.org/videos/stations-compilation-1-14>

DIVINE MERCY CHAPLET WITH FR. ROB GALEA, FRG Ministry (spoken)

<https://bit.ly/2QzVJqZ>

DIVINE MERCY CHAPLET WITH FR. ROB GALEA, FRG Ministry (Sung)

<https://bit.ly/39wBBgi>

THE ROSARY OF ST. JOSEPH WITH SCOTT HANN (video)

<https://bit.ly/2OYJ0Op>

STATIONS OF THE CROSS FOR AUTISTIC PEOPLE

<http://autismconsecrated.com/stack/stations-of-the-cross>

A SCRIPTURAL WAY OF THE CROSS FOR LENT

<https://www.usccb.org/about/justice-peace-and-human-development/upload/cchd-scriptural-way-of-the-cross.pdf>