



Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Above information taken from USCCB

This brochure is divided into the three areas of prayer, fasting and almsgiving. These are just a few ideas geared to individuals or families, to help your faith journey during this Lenten season.

## Resources—

Here are some resources to help you practice the ideas listed in this brochure—

- ◇ This is a calendar from the website of the United States Catholic Conference of Bishops which contains additional ideas and reflections. [https://www.usccb.org/resources/Lent-2024-calendar\\_English.pdf](https://www.usccb.org/resources/Lent-2024-calendar_English.pdf)
- ◇ A link to sign up for Adoration at St. James <https://www.stjames-parish.com/>
- ◇ A link to Adoration locations throughout the Archdiocese <https://www.archmil.org/Parishes/Find-a-Devotion.htm>
- ◇ Bible in a Year with Fr. Mike Schmitz <https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear/>
- ◇ Catholic Charities <https://www.archmil.org/offices/social-justice/Catholic-Charities.htm>
- ◇ St. Vincent de Paul Society of St. James - call or email the parish office to get more information.

This brochure contains just a few ideas of how you can Live Lent this year.

**Prayer, Fasting and Almsgiving  
the three pillars of Lent**

# Living Lent This Year



# 2025

**Prayer** - the solemn act of giving thanks or asking for help from God.

- ◇ Commit to attend Mass as often as possible. There is no better way to experience the real presence of Jesus.
- ◇ Pick up one of the reflection books located in the gathering space and read the daily reflection every morning.
- ◇ Pray for those who may be involved when you hear the sound of sirens.
- ◇ If someone mentions they are struggling with something offer to pray for them and then make sure and follow through.
- ◇ Go to Adoration and spend some quiet time with our Lord.
- ◇ Take time each evening to give thanks to God for his gifts you received during that day.
- ◇ Take time each evening to examine your conscience. How could have you better served others or God?
- ◇ Pray at mealtime.
- ◇ Imagine a gospel scene during your prayer time. How would you respond, what would you say to Jesus.
- ◇ Choose a book to read during Lent that will help you grow closer to God.
- ◇ Make it a priority to pray as a household.
- ◇ In this Jubilee Year of Hope - learn more about what a Jubilee Year means and partake in some of the activities associated with it.

**Fasting** - the act of refraining from something.

- ◇ Fast from negativity. This can include negative thoughts about yourself or others in your life.
- ◇ Fast from a stop at the coffee shop and put that money towards a charity you support.
- ◇ Fast from second helpings at a meal.
- ◇ Fast from gossip.
- ◇ Fast from the habit, substance, practice, or mindset that most stands the way of your growing closer to God.
- ◇ Fast from mindless eating and pray for those that would be overjoyed to eat what you have.
- ◇ Fast from worry. Trust God instead.
- ◇ Fast from your favorite TV show for 1 week; instead use that time for prayer or spiritual reading.
- ◇ Fast from hitting the snooze button; use that extra time in the morning for prayer - ask God how he can use you today.
- ◇ Fast from comparing yourself with others and remember you are made in the image of God.
- ◇ Fast from competing to outdo others; instead ask how God wants to use you.
- ◇ Fast from sharp words, responses; instead respond as Jesus would.
- ◇ Fast from doubt that God will provide for all that you need.

**Almsgiving** - to give of your financial resources, your talent, time, or yourself.

- ◇ Research and select a charity that you will support during Lent. This is great way to use the money saved from fasting on those "extras".
- ◇ Offer to do a "chore" for someone that you know they don't like.
- ◇ Go thru your closets and dresser and donate unused clothing.
- ◇ When someone has offended or hurt you give grace and mercy. Remember Jesus died for our sins.
- ◇ Go out of your way for someone you struggle with.
- ◇ Start a gratitude journal - giving thanks is almsgiving.
- ◇ Volunteer at church with taking down Lent decorations or setting up for Easter. Continue that commitment and become a regular volunteer for Art & Environment.
- ◇ Bring something for St. Ben's meal program or volunteer to help drive the donations to St. Ben's.
- ◇ Volunteer in one of the many ministries at St. James. The bulletin often lists areas where help is needed.
- ◇ Volunteer for one of the many organizations that help others within our community.
- ◇ Give others the gift of your undivided attention; listen, don't speak, put down the phone.