

2023 Lent Prayer Calendar

Read the Word Among us Daily

			Wednesday	Thursday	Friday	Saturday
			22 – Ash Wednesday Remember that you are dust, and to dust you shall return	23 Pray for the poor	24 Abstain from meat Attend Stations	25 Pray for those that are alone
Sunday	Monday	Tuesday	March 1 Pray for healthcare workers	2 Pray for those that work for justice Adoration 6-7pm	3 Abstain from meat and attend Stations	4 Pray for your congregation
26 What are you most grateful for?	27 Pray for those who are in power	28 Pray for the sick	8 Pray for someone close to you that needs healing	9 Pray for those struggling with addiction Adoration 6-7pm	10 Abstain from meat and attend Stations	11 Fast from screens (no TV, no phone, etc.)
5 Pray for those who have died in the past year	6 Think about how the holy spirit manifests in your life	7 Pray for the Unborn	15 Pray for the children of your congregation	16 Pray for peace among nations and unity. Adoration 6-7pm	17 Abstain from meat and attend Stations	18 Pray for forgiveness
12 Get up early and spend 15 minutes in prayer and silence	13 Pray for those in prison	14 Pray for help and the willingness to receive it	22 Pray for the young adults of the congregation	23 Pray for your minister and the ministers of your congregation	24 Abstain from meat and attend Stations	25 Pray for your ancestors
19 Think about a part of today's service that you hold close your heart	20 Pray for soup kitchens and those that serve the poor	21 Pray for the youth of your congregation	29 Pray for new members of your congregation	30 Contemplate what it means for you to be content. What is stopping you?	31 Abstain from meat and attend Stations	April 1 Pray on the thought "how can I help?"
26 What does it mean for Jesus to be "the King?"	27 Notice yourself being in judgment of others and stop	28 Fast from news Enjoy the silence	5 Pray for the staff of your congregation	6 – Holy Thurs Pray for the choir and those who serve in your parish service	7 – Good Friday Abstain from meat And attend the 3:00 Passion	8 – Holy Saturday Think of Mary after Jesus' death
2 – Palm Sunday Apologize to someone you have hurt Make amends	3 Pay attention to someone you are tempted to brush aside	4 Pray for the person who brought you into your faith				