

# Lent Challenge Calendar 2019

"The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist."  
– Pope St. Gregory the Great



Shrove Tuesday  
**5 March**  
Have a feast  
before we  
fast for Lent

Ash Wednesday  
**6**  
Receive Ashes  
on your  
forehead

**7**  
Be a witness  
for Christ

**8**  
Pray for  
someone in  
the Armed  
Forces

**9**  
Forgive those  
who has  
wronged you

1<sup>st</sup> Sunday of  
Lent  
**10**  
Say a prayer  
with  
someone

**11**  
Try to see God  
in people today

**12** Talk  
to someone  
not Catholic  
about Lent

**13**  
Pray for  
Christian in  
captivity

**14**  
Change or quit  
an unhealthy  
habit

**15** Reach  
out to  
someone who is  
having difficult  
time

**16**  
Spend 5 minutes  
in silence and  
prayer

2<sup>nd</sup> Sunday of  
Lent  
**17**  
Light a candle in  
your church

**18**  
Prayer for  
leaders around  
the world

**19** Be a  
light to others  
by your love  
for God and  
each other

**20**  
Give someone a  
compliment

**21**  
Try and see God  
in someone's  
actions today

**22**  
Give up a sweet  
treat today

**23** Try to  
consider the  
needs of others  
before yourself

3<sup>rd</sup> Sunday of  
Lent  
**24**  
Pray for the  
homeless

**25**  
Spend time  
reading the  
Bible

**26**  
Try to see God  
in creation  
today

**27**  
Pray for your  
parish priests

**28**  
Volunteer  
Today

**29**  
Have a day  
away from  
Social Media

**30**  
Help clean up  
around your  
home

4<sup>th</sup> Sunday of  
Lent  
**31**  
Praise the  
motherly figures  
in your life

**1 April**  
Give someone  
some  
encouragement

**2**  
Trust in God  
Today

**3**  
Make everyone  
feel welcome, not  
different

**4**  
Write a thank  
you note for  
someone

**5**  
Thank God that  
Jesus for taking  
your burdens  
away

To find challenges to do over the  
Easter Holidays,  
check our the Chaplaincy Website at:  
[chaplaincyatfchs.wordpress.com](http://chaplaincyatfchs.wordpress.com)