

LENT 2025

march 5 ash wednesday

Lent begins with ashes and promises: think about what your Lent will be, write it down, and tick each box each day to check how you are doing!

What am I going to give up?	
How am I going to pray?	
What acts of charity will I do?	

march 10 monday

"I was a stranger and you made me welcome, naked & you clothed me"

Give Up	
Pray	
Charity	

march 11 tuesday

"The Lord is close to the broken-hearted."

Give Up	
Pray	
Charity	

march 12 wednesday

"A pure heart create for me, O Lord, put a steadfast spirit in me."

Give Up	
Pray	
Charity	

march 13 thursday

"My Lord, come to my help, I have no helper but you."

Give Up	
Pray	
Charity	

march 17 monday - saint patrick

St Patrick was a missionary who took the Good News to Ireland. We are all to be "ambassadors for Jesus". Pray for Ireland and for our mission!



Give Up	
Pray	
Charity	

march 20 thursday

"The Son of Man came not to be served, but to serve, and give his life."

Give Up	
Pray	
Charity	

march 21 friday

"The stone rejected by the builders has become the cornerstone."

Give Up	
Pray	
Charity	

march 25 monday



the annunciation
Jesus begins his life on earth in the womb of Mary, as she says "Yes" to God when visited by the archangel Gabriel

Give Up	
Pray	
Charity	

march 6 thursday

"Happy the person who has placed their trust in the Lord!"

Give Up	
Pray	
Charity	

march 7 friday

"Have mercy on me God, in your kindness."

Give Up	
Pray	
Charity	

march 8 saturday

"Give your bread to the hungry and relief to the oppressed."

Give Up	
Pray	
Charity	

march 9 first sunday of lent

To pray every day, just find somewhere quiet and be still for five minutes. Think of God, and let your mind and heart talk to God in that quiet place. Use the bible passage for each day if you need to keep you mind focussed. End by saying "Thank you" to God!

Give Up	
Pray	
Charity	

march 14 friday cafod fast day

As part of our Lenten Journey, today we pray for and give to the needs of others in the developing world. Give mums like Lokho a safety net this Lent with the skills, seeds, and tools they need to grow food in harsh climates. See more at

www.cafod.org.uk

Save some money today, and donate to CAFOD in the Fast Day envelope!



Give Up	
Pray	
Charity	

march 15 saturday

"Love your enemies and pray for those who persecute you."

Give Up	
Pray	
Charity	

march 16 sunday

"This is my Son, the chosen One, listen to him!"

Give Up	
Pray	
Charity	

march 18 tuesday

"Learn to do good, search for justice, help the oppressed."

Give Up	
Pray	
Charity	

march 19 wednesday - saint joseph



St Joseph is the good man who stood by Mary and Jesus, surrendering his own ambitions to serve God's plan.

Give Up	
Pray	
Charity	

march 22 saturday

"Let your compassion hasten to meet us, for we are in distress."

Give Up	
Pray	
Charity	

march 23 sunday

"The one who thinks they are safe must be careful that they do not fall."

Give Up	
Pray	
Charity	

march 24 monday

"My soul is thirsting for God, the God of my life."

Give Up	
Pray	
Charity	

march 26 tuesday

"I, the Lord, give each person what their conduct deserves."

Give Up	
Pray	
Charity	

march 27 wednesday

"The one who keeps and teaches God's law will be great in the kingdom."

Give Up	
Pray	
Charity	

march 28 thursday

"It is the Lord who forgives all your guilt, who heals all your ills."

Give Up	
Pray	
Charity	

**march 29
saturday**
"The Lord says this: What I want is love, not sacrifice."

Give Up	
Pray	
Charity	

**march 30
laetare sunday**
Mothering Sunday: pray for mothers!

Give Up	
Pray	
Charity	

**march 31
monday**
"The Lord listened and had pity. The Lord came to my help."

Give Up	
Pray	
Charity	

**april 1
tuesday**
"The Lord of hosts is with us. The God of Jacob is our stronghold."

Give Up	
Pray	
Charity	

**april 2
wednesday**
"The ways of the Lord are straight and the virtuous walk in them."

Give Up	
Pray	
Charity	

**april 3
thursday**
"The Lord relented and did not bring on his people the disaster."

Give Up	
Pray	
Charity	

**april 4
friday**
"Let us condemn him to a shameful death, since he will be looked after."

Give Up	
Pray	
Charity	

**april 5
saturday**
"I was like a trustful lamb being led to the slaughter house."

Give Up	
Pray	
Charity	

**april 6
sunday**
"If one of you has not sinned, then you can cast the first stone."

Give Up	
Pray	
Charity	

**april 7
monday**
"Jesus said: Anyone who follows me will have the light of life."

Give Up	
Pray	
Charity	

**april 8
tuesday**
"The Lord will turn to the prayers of the helpless."

Give Up	
Pray	
Charity	

**april 9
wednesday**
"Jesus said: if you make my word your home you will be my disciples."

Give Up	
Pray	
Charity	

**april 10
thursday**
They picked up stones to throw at him, but Jesus hid himself.

Give Up	
Pray	
Charity	

**april 11
friday**
"In my anguish I called to the Lord and he heard my voice."

Give Up	
Pray	
Charity	

**april 12
saturday**
Caiaphas said: "It is better for one man to die for the people."

Give Up	
Pray	
Charity	

april 13 palm sunday
We begin Holy Week by remembering the triumphal entry of Jesus into the city of Jerusalem: we bless and hold palm branches to show that we are entering this Holy Week with him. If you have slipped in your Lenten Promises, make a special effort in this Holy Week!



Give Up	
Pray	
Charity	

holy week
This Great Week invites us to walk with Jesus, from his Palm Sunday entrance to Jerusalem, through the Last Supper, the Agony in the Garden of Gethsemane, his trial, torture and death on the Cross. At the end of the week we see the Empty Tomb, and rejoice that Jesus, who died, has risen from the dead.

**april 14
monday**
"I am sure I shall see the Lord's goodness in the land of the living."

Give Up	
Pray	
Charity	


**april 15
tuesday**
"I will make you the light of the nations."

Give Up	
Pray	
Charity	

**april 16 spy
wednesday**
"The Lord comes to my help so that I am untouched by the insults."

Give Up	
Pray	
Charity	

**april 17 maundy
thursday**
The day of the Last Supper, when Jesus gives his Body and Blood to us. Pray for priests, and give thanks for the Mass.



Give Up	
Pray	
Charity	

**april 19
holy saturday**
Jesus lies in the tomb. Let today be a day of emptiness and stillness.

Give Up	
Pray	
Charity	

**april 20
easter sunday**
Jesus is risen from the dead! ALLELUIA!
Lent is over! Let's pray that we have learned something about ourselves, and go forward on the journey ahead!



**april 18
good friday**
This is the day when Jesus died. We remember that he did this for us, to set us free from sin and death. Especially at 3.00 p.m., let us stop and be still and remember.



Give Up	
Pray	
Charity	