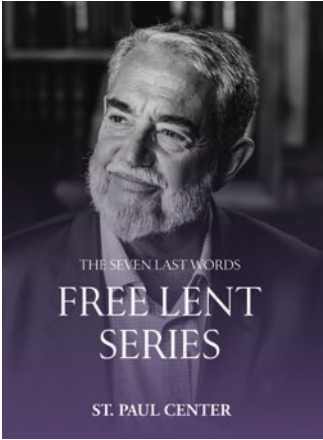


RESOURCES FOR YOUR LENTEN JOURNEY

RECURSOS PARA TU CAMINO DE CUARESMA

PRAY FAST SERVE



St Paul Center - Free Lent Series **Seven Last Words with Scott Hahn**

Jesus' final utterances from the Cross have been a subject of meditation for the greatest Catholic mystics from St. Bonaventure to St. Alphonsus Liguori to Ven. Fulton Sheen.

In The Seven Last Words—a weekly Lenten video series from the St. Paul Center—Dr. Scott Hahn explores the final words that Jesus uttered while He hung dying on the Cross, and shows how those words reveal the heart of our salvation.

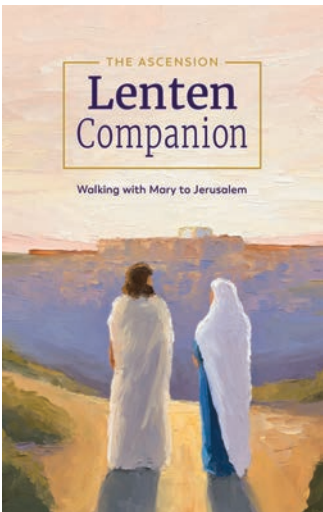


Hallow - Prayer App **Lent PRAY40 Challenge "The Way"**

Join Jonathan Roumie, Fr. Mike Schmitz, Sr. Miriam, Mark Wahlberg, Chris Pratt, Cardinal Sarah and many more as we draw closer to Jesus, who is "the way, the truth, and the life." This Lent, embark on a spiritual journey with the writings of St. Josemaría Escrivá, author of the modern spiritual classic, "The Way."

We'll meditate on the lives of those who follow Christ's Way, including the life of Servant of God Takashi Nagai.

Join the challenge and follow Jesus into deeper faith every day this Lent.



Ascension Press - Lenten Companion

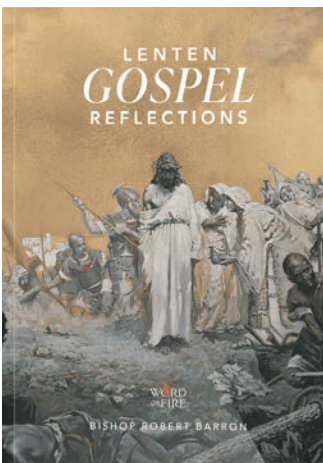
Enter the heart of Mary as she accompanies Jesus to Jerusalem.

This Lenten prayer journal by Fr. Mark Toups includes insightful reflections, prayers, and other resources to lead you through Lent day by day. Throughout Lent, you will draw closer to Jesus Christ and experience his journey to Jerusalem from the perspective of the person who knows him best: Mary, the Blessed Mother. By walking alongside Mary, your Lent will become an intimate journey where you'll share in her sorrows and love, drawing ever closer to the heart of Jesus.



FORMED - Lent Video Collection

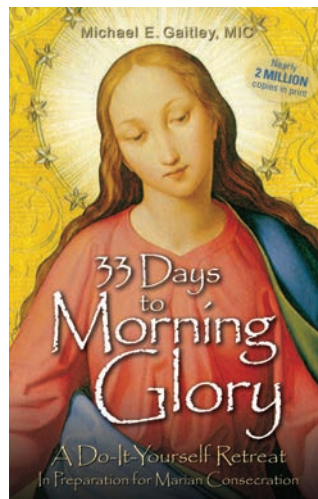
FORMED is excited to present curated content to help the Church journey through this Lenten season. In this collection are resources to help the faithful deepen their understanding of various Lenten days, practices, and devotions. You can find resources on prayer, the mystery of Christ's Passion, the roots of Holy Week found in Judaism, and many things to help guide the faithful through the holiest days in our liturgical year—the Paschal Triduum.



Word on Fire - Lenten Gospel Reflections

For Christians, Lent is an important time of reflecting on the suffering and death of Jesus so as to enter into the joy of his Resurrection. In this devotional booklet, Bishop Robert Barron invites readers to enter more deeply into the prayerful nature of the season. *Lenten Gospel Reflections* features the full Gospel reading for each day of Lent, a daily reflection from Bishop Barron, space for journaling and answering reflection questions, and more!

Beautiful, practical, and affordable, this booklet is ideal for both individual meditation and group study on a family or parish level.



33 Days to Morning Glory -

A Do-It-Yourself Retreat in Preparation for Marian Consecration

Reverend Michael Gaitley's book, *33 Days to Morning Glory: A Do-It-Yourself Retreat in Preparation for Marian Consecration*, begins with a promise to disclose a "secret" form of knowledge based on Gnosticism. According to Webster's Dictionary, the root word for Gnosticism is gnosis, which means "divinely inspired knowledge."¹ This word is generally used to describe heretical Christian doctrines condemned by the early Church Fathers.





Exodus 90 - Men's Prayer App Lent 2025 Challenge

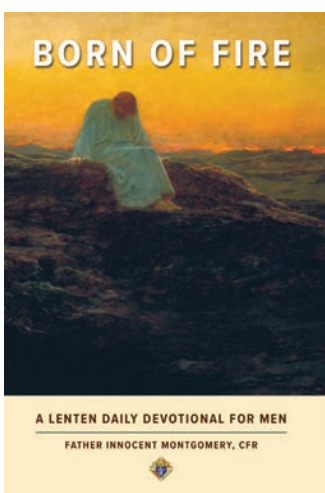
Lent is a time of repentance, of turning to the Lord to receive his mercy and begin again. Jonah resisted the mission given to him to preach repentance to Israel's enemy, the city of Nineveh. His resistance led him into the pit of darkness in the depth of the sea from which God raised him up to new life. This is the sign of Jonah, the great call to die with Christ, embracing our cross, in order to experience the new life he offers.

By taking on this challenge, you will embrace a number of disciplines to give shape to your Lenten practices.



Made For Heaven - A Guided Lent journal by Fr. Agustino Torres, CFR

Join Fr. Agustino Torres, CFR—founder of Corazón Puro—on a multimedia Lenten journey inspired by St. Francis. Begin the season with a vow of poverty and end at Easter with a heart free from the desert of sin and open to love, serve, and care for others. Made for Heaven features stunning original art by Valerie Delgado of Pax.Valerie, along with daily meditations on a passage from scripture, reflection questions, prayer, and space for journaling.



Born of Fire - Lenten Devotional for Men by Fr. Innocent Montgomery, CFR

Born of Fire: A Lenten Daily Devotional for Men offers men the opportunity to enter into the spiritual discipline of Lent by learning from the wisdom of the Franciscan Friars of the Renewal and their journeys into the desert. Through daily reflections for all of Lent and the start of the Easter season, Fr. Innocent Montgomery helps the reader understand his identity while drawing him closer to Christ.

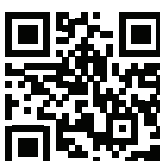
This book is perfect for any man who wants to take on a serious Lenten practice to grow in their spiritual life.



Diocese of Little Rock - Lenten Resources

The Diocese of Little Rock offers a variety of Lenten resources in English and Spanish to assist you this Lent. Visit us online for suggestions for all ages on how to pray, fast and give alms.

Many give up something for Lent. We invite you to consider taking up a practice you wouldn't do otherwise.



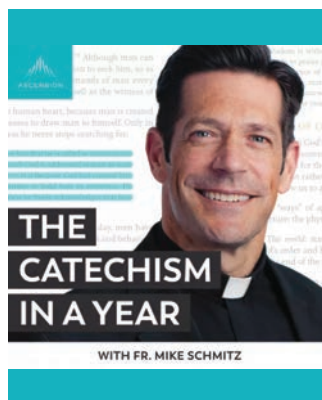
Ascension - Podcast The Rosary in a Year w/ Fr. Mark-Mary Ames, CFR

In Ascension's Rosary in a Year podcast, Fr. Mark-Mary Ames, CFR, guides listeners in a step-by-step journey that will change the way you pray – no matter where you are in your spiritual life. By starting small and adding on over time, listeners will find themselves falling more in love with this powerful Marian devotion, becoming a source of grace for the whole world.



Ascension - Podcast The Bible in a Year w/ Fr. Mike Schmitz

In The Bible in a Year podcast, Fr. Mike Schmitz guides you through the entire Bible in 365 episodes. Using an exclusive reading plan rooted in The Bible Timeline (a ground-breaking approach to understanding salvation history developed by Biblical scholar Jeff Cavins) you won't just read the Bible... you'll finally understand how all the pieces fit together to tell an amazing story that continues in your life today!



Ascension - Podcast The Catechism in a Year w/ Fr. Mike Schmitz

Read the entire Catechism of the Catholic Church in 365 days with Fr. Mike Schmitz. If you have ever wanted to understand what it means to be Catholic and allow those truths to shape your life—this podcast is for you!



33 Days to Eucharistic Glory - A Eucharistic Consecration

This consecration is an invitation to dedicate yourself to God and make yourself 100 percent available to Him. It will prepare you to make an unconditional surrender to Jesus in the Eucharist, filling your life with the astounding clarity and lasting joy only He can provide.

