

2025 Lent calendar- Fasting, prayer, almsgiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			3/5 Go to mass Ash Wednesday	3/6 Reduce plastic waste	3/7 Abstain from meat Pray Divine Mercy	3/8 Go to confession
3/9 Go to mass	3/10 Pray the rosary	3/11 Pray for the poor	3/12 Pray the Stations of the Cross	3/13 Turn off the light of rooms when no one is around	3/14 Abstain from meat Pray Divine Mercy	3/15 Pray for whom are ignorant of God
3/16 Go to mass	3/17 Pray the rosary	3/18 Pray for the sick	3/19 Pray the Stations of the Cross	3/20 Reduce food wastes	3/21 Abstain from meat Pray Divine Mercy	3/22 Pray for whom are away from the church
3/23 Go to mass	3/24 Pray the rosary	3/25 Pray for the lonely	3/26 Pray the Stations of the Cross	3/27 Reduce screen time	3/28 Abstain from meat Pray Divine Mercy	3/29 Pray for those who hurt you