

What we're offering to support you  
as you...

Pray Listen Serve

1% Prayer Challenge

Multiple prayer aids and  
enrichment materials

Daily Mass Monday – Thursday,  
and regular weekend Masses

Perpetual Eucharistic Adoration

Course in Lectio Divina (praying  
with Scripture) on 2/18  
w/Fr. Scott

Weekly Friday Soup Supper  
+ Stations of the Cross

Parish Mission w/Fr. Mike Shields  
3/10-3/12

Parish Outreach Project for  
Clare House

Good Friday Faith Walk on 3/29

## The Challenge... Step by Step

- 1. Discover what it means** to pray, listen, and serve. This guide will help you get started!
- 2. Use the Personal Action Guide in this brochure** to make a Lenten plan for yourself or with your family.
- 3.** Each week you fulfill any of the three pieces of the challenge, **add an icon for each to the "Pray, Listen, Serve" display in the church foyer** and watch the collective effort of our parish grow!
- 4.** On Easter, **celebrate how you and the parish have grown in relationship with Christ.**

## Dive a little deeper...



### WHAT DOES IT MEAN TO PRAY?

Saint Therese of Lisieux said, "For me, prayer is a burst from my heart, it is a simple glance thrown toward heaven, a cry of thanksgiving and love in times of trial as well as in times of joy."

The Catholic Catechism tells us in paragraph 2558 that the faithful must have a "vital and personal relationship with the living and true God. This relationship is prayer." In fact, Part Four of the Catechism is entirely dedicated to helping us understand the meaning of Christian Prayer - an excellent resource!



### WHAT DOES IT MEAN TO LISTEN?

Psalm 46:10 has an answer: "Be still and know that I am God." In our busy world, this can be one of the most difficult things to put into practice. It requires intentionality and effort to tune out the noise of life.

God can speak to us through other people, with a tug at our heart, or by revealing things to us in holy silence. We must keep our spiritual antennae up for signs in others, in nature, through the sacraments, and in prayer to receive the messages God intends for us.

We can improve our listening through self-discipline, purposefully removing distractions, and evaluating whether our own emotions might be an obstacle. Then, we patiently wait - God speaks in his time. We must trust in his providence and guidance.



### WHAT DOES IT MEAN TO SERVE?

What better example of service have we than Jesus himself, kneeling to wash the feet of his disciples the night of his sacred Passion? He leaves us with the instruction, "...do as I have done for you." -John 13:17

God calls us to pour out his love for others in many ways - he has equipped each of us with unique gifts; designed us with a holy purpose. As Christians, we endeavor to step outside ourselves to follow the model of our Lord, and seek opportunities to serve others.

Consider how or who you feel the Lord is calling you to serve and how you can answer that call.

*"Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction."*  
- Pope Benedict XVI, *Deus Caritas Est*

PERSONAL ACTION GUIDE:



Pray

IDEAS FOR PRAYER:

- 1% Challenge w/intentional time for prayer each day (14 minutes, 24 seconds)
- A silent moment of appreciation for God
- Read scripture and use Lectio Divina
- Perpetual Eucharistic Adoration
- Attend Mass
- Fasting
- Read devotional materials
- Pray the Rosary
- Praise and worship with song
- Weekly Stations of the Cross
- Good Friday Faith Walk

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WEEK 3:

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IDEAS FOR LISTENING:

- Work on removing distractions in your life
- Ask the Lord for trust in his providence
- Pray for an awareness of signs from God
- Perpetual Eucharistic Adoration
- Intentional time in silent prayer through the 1% Challenge
- Learn more about Lectio Divina through our class w/Fr. Scott on 2/18
- Attend the Parish Mission 3/10 - 3/12
- Committed Mass attendance

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Serve

IDEAS FOR SERVICE:

- Donate time to our parish project supporting Clare House
- Make a financial donation or fill a rice bowl throughout Lent (almsgiving)
- Learn about sacrificial giving
- Join one of our parish ministries
- Bring soup to Soup Supper before Friday Stations of the Cross
- Be open to opportunities to help another with a kind deed

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2024 Lenten Challenge  
February 14 to March 31



Pray

Listen



Serve

