

St. Joseph's 40 Day Lenten Challenge

As we enter the season of Lent let us pray for a future full of hope for all people. Let us celebrate the coming of Spring and the joy of Easter and remember the ideals of Live Simply as a guide during Lent.

As the winter becomes a distant memory and the sun begins to shine more brightly, warming the Earth, we rejoice in the beauty of creation and the promise of the Resurrection.

This reflection covers the 40 days of Lent. Choose one a day and take up our Lenten Challenge

Before reading this reflection make an Easter Garden at home to remind you of the Easter story





Make a Lenten pledge to keep in touch with a friend who may be lonely during the long winter days

‘Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you.’

Isaiah 41:10



Make a Lenten pledge to pray each day for those less fortunate

‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’

Matthew 25:40



Look to Nature for signs of hope of better times to come

‘Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it.’

Psalms 96:11-12



Make life easier for someone you know who is struggling to cope

‘How good and pleasant it is when God’s people live together in unity!’

Proverbs 133:1



Recycle as much as you can

‘Throughout the country that you hold as a possession, you must provide for the redemption of the land.’

Leviticus 25:23-24



Ensure that all those you know feel included and loved

‘Therefore welcome one another as Christ has welcomed you, for the glory of God’

Romans 15:7



Pray for peace in our world

‘Blessed are the peacemakers, for they will be called children of God.’

Matthew 5:9



Rejoice in a child’s sense of wonder

‘And he took the children in his arms, placed his hands on them and blessed them.’

Mark 10:16



Find time in a busy day to relax and enjoy the moment

‘You will keep in perfect peace those whose minds are steadfast, because they trust in you.’

Isaiah 26:3



Share with someone who has little

'If you give some of your own food to those who are hungry then your darkness will become as bright as the noonday sun.'

Isaiah 58:10



Be a peace maker

'Let the peace of Christ rule in your hearts.'

Colossians 3:15



Pray for the homeless

'Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done.'

Proverbs 19:7



Rejoice in the fruits of the Earth
‘Indeed, the Lord will give what is good,
And our land will yield its produce.’ **Psalms**
85:12



Pray for those who suffer from natural disasters
‘O afflicted one, storm-tossed and not comforted, behold, I will
set your stones in antimony, and lay your foundations with
sapphires.’
Isaiah 54:11



Feed the birds
‘The birds of the sky nest by the waters; they sing among the
branches.’
Psalms 104:12



Pray for those who work to keep us safe

'Even though I walk through the darkest valley I will fear no evil, for you are with me; your rod and your staff, they comfort me.'

Psalm 23:1-7



Rejoice in friendships which last a lifetime

'I have called you friends, for everything that I learned from my Father I have made known to you.'

John 15:12-15



Find inspiration in Nature

'In his hand is the life of every living thing and the breath of all people'

Job 12:7-10



Give thanks for wonders of the natural world

‘And I will show wonders in the heavens’

Joel 2:30

Look around you for signs of Spring and rejoice in its coming

‘For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land.’

Song of Solomon 2:11-13

Buy fairly traded goods

‘Therefore encourage one another and build one another up, just as you are doing.’

1 Thessalonians 5:11



Give thanks for all those who serve us

‘Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.’

1 Thessalonians 5:16-18

Prayer for all displaced people

‘I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.’

Matthew 25:35

Remember that together we can achieve great deeds

‘Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.’

Matthew 17:20



**Take a leap of faith. You never know what you can achieve
until you try**

‘Be strong and let your heart take courage’

Psalm 27:14



Brighten your day with something beautiful

‘He has made everything beautiful in its time.’

Ecclesiastes 3:11



**Say a prayer of thanks for those who make
our community a better place in which to
live.**

‘For we are God's fellow workers.’

Corinthians 3:9



Pray for those who serve us.

'Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.'

1 Thessalonians 5:16-18

Help someone to achieve their ambition

'Be strong and courageous'

Deuteronomy 31:6

Try something new

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 Corinthians 5:7



Make room for wildlife

'I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, saying: "To him who sits on the throne and to the Lamb be praise and honour and glory and power, for ever and ever!'

Revelation 5:13

Think of someone who needs your help and reach out to them

'Be kind and compassionate to one another'

Ephesians 4:32

Remember that those who may seem to be disadvantaged can often teach us to brave

'For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.'

Timothy 1:7



Embrace life and do not be afraid of taking on a challenge

‘I can do all things through him who strengthens me.’

Philippians 4:13

Think of something you find difficult which matters to you and try again.

Jesus said to him ‘If you can believe, all things are possible to him who believes.’

Mark 9:23

Pray for those who put themselves at risk to protect us

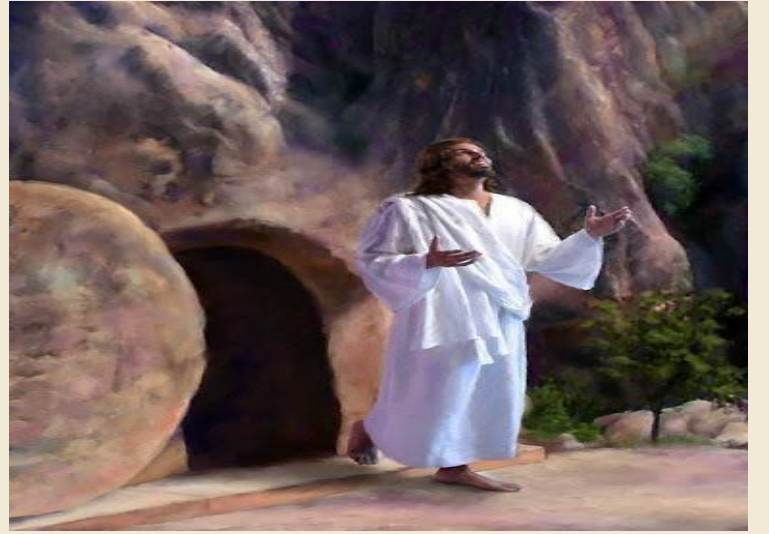
‘So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you.’

Isaiah 41:10



Pray for the promise of a future full of hope

The crowds that went ahead of him and those that followed shouted, 'Hosanna to the Son of David!' 'Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven!' **Matthew 21:9**



'For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.'



Rejoice in the Resurrection

'Go and make disciples of all nations, baptising them in the name of the

Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always to the very end of the age.'

Matthew 19