

LENT

*Fast
Pray
Give*

A Walk through Lent with St Vincent de Paul

Lent, a Time to Acknowledge Our shortcomings

Wednesday, 17th February

Ash Wednesday

“We should spend as much time in thanking God for his benefits as we do in asking him for them.”

Thursday, 18th February

“The wisest persons, surprised by some passion, often say things they later regret.”

Lent, a Time for Loving Others

Friday, 19th February

Saturday, 20th February

“We must love our neighbour as being made in the image of God and as an object of His love.”

“God is love and wants us to go to Him through love”.

Lent, a Time For Self-Denial

Monday, 22nd February

“As soon as we empty ourselves of self, God will fill us with Himself.”

Tuesday, 23rd February

“The angels would become incarnate if they could, so that they might come to earth to imitate the example of the Son of God!”.

Lent, a Time For Transformation

Wednesday, 24th February

“How much our hearts should be on fire with love for this ministry of assisting poor people and for devoting ourselves earnestly to it because the need is great and God expects this of us.”

Thursday, 25th February

“Begin with something small and have great love for your own abjection. This is the Spirit of our Lord and that is how he acted and that is also the means of attracting His grace”.

Lent, a Time to Pray for God's Will

Friday, 26th February

“God, grant us the grace to see things with the same eyes as you do.”

Saturday, 27th February

“We should strive to keep our hearts open to the sufferings and wretchedness of other people, and pray continually that God grant us that spirit of compassion which is truly the spirit of God”.

Lent, a Time of Generosity

Monday, 1st March

“Extend your mercy towards others, so that there can be no one in need whom you meet without helping.”

Tuesday, 2nd March

“We must be full reservoirs in order to let our water spill out without becoming empty, and we must possess the spirit with which we want to be animated, for no one can give what he does not have”.

Lent, a Time of Reflect on God's Purpose For our Life

Wednesday, 3rd March

Thursday, 4th March

“If God is the centre of your life, no words are necessary. Your mere presence will touch hearts.”

“Our business is to gain heaven; everything else is a sheer waste of time.”

Lent, a Time for Humility

Friday, 5th March

“We will never be fit to do God’s word if we do not have profound humility.”

Saturday, 6th March

“Put your trust in Him and following His example, always act humbly, graciously, and in good faith.”

Lent, a Time to Reflect of our Servanthood for God's plan

Monday, 8th March

“Let us do our duty well; let us go straight to God; let us work to become very humble, very patient, very mortified, and very charitable.”

Tuesday, 9th March

“Be careful to give no credit to yourself for anything, if you do, your are stealing from God to whom alone every good thing is due”

Lent, a Time for Meekness

Wednesday, 10th March

“There is no act of Charity that is not accompanied by justice or that permits us to do more than we reasonably can.”

Thursday, 11th March

“You should not open your mouth except to express gratitude for benefits you have received, and never to mention your discontent.”

Lent, a Time for Service

Friday, 12th March

“So when you leave prayer to serve some poor person, remember that this very service is performed for God.”

Saturday, 13th March

“It’s not enough to give soup and bread. This, the rich can do. You are a servant of the poor, always smiling and good-humoured.”

Lent, a Time to Meditate on Jesus' Words

Monday, 15th March

“We must love our neighbour as being made in the image of God and as an object of His love.”

Tuesday, 16th March

“The vine-stock bears fruit as long as it is attached to its stem; apart that, no”.

Lent, a Time to Share

Wednesday, 17th March

“Remember the maxim of the Romans which states that by union and counsel we can achieve anything”.

Thursday, 18th March

“Give yourselves to God, do not be burdensome, treat every individual with gentleness and respect, always using kind words and request.”

Lent, a Time to Give Thanks to God

Friday, 19th March

“We should spend as much time in thanking God for his benefits as we do in asking him for them.”

Saturday, 20th March

“Be very grateful to God, thank Him often, and ask Him for mercy”.

Lent, a Time to Renew our Commitments to God's Work

Monday, 22nd March

“We must continue to do good. Even though people of the world may criticize us”.

Tuesday, 23rd March

“With renewed devotion, then, we must serve the poor, especially outcasts and beggars. They have been given to us as our masters and patrons.”

Lent, a Time to notice the Unseen

Wednesday, 24th March

“God does not consider the outcome of the word undertaken but the charity that accompanied it”.

Thursday, 25th March

“He also always blesses humble beginnings much more than those accompanied by a lot of show”.

Lent, a time for Almsgiving

Friday, 26th March

“His divine goodness asks that we never do good in any place to make ourselves look important but that we always consider Him directly, and without intermediary in all actions”.

Saturday, 27th March

“God has seen fit that, since our services are useful to many persons, everyone approves them, but only when they are carried out in the spirit of our Lord.”

Lent, a Time to reflect on belonging

Monday, 29th March
Holy Week

“All of you desire to belong entirely to God, and God also wants all of you to belong to Him.”

Tuesday, 30th March
Holy Week

“Far from rejecting such a good man as you, He never even abandons a wicked man who hopes for his mercy”.

Lent, a time for Seeing His Light Shining

**Wednesday, 31st
Holy Week**

**Thursday, 1st April
Holy Thursday**

“Let us keep this lamp always
in our hearts.”

“I have never come away from
you without reflecting that the
Spirit of God and His holy
working reside in you”.

Lent, a time to Remember Jesus' Crucifixion

Friday, 2nd April

Good Friday

“No matter where we are or what we are doing, we will always be tempted and distressed; that is our cross. If we wish to follow Jesus Christ, we must carry it.”

Saturday, 3rd April

Holy Saturday

“Perfection consists in renouncing ourselves, in carrying our cross, and in following Jesus Christ. Now, he who renounces himself most perfectly carries his cross the best and follows nearest to Jesus Christ is he who never does his own will, but always that of God.”

A wooden cross stands against a golden sunset sky. A large, dark, jagged cloud formation is visible at the top, with the sun's light breaking through it. The text "He has risen" is written in a cursive font, and "Easter Sunday" is written in a bold, sans-serif font at the bottom.

He has risen

Easter Sunday