


















Mary Ward JPIC Office
Freedom - Justice - Sincerity - Felicity






LENT CALENDAR 2024






| Day | Gospel text | Reflection | Note from Pope Francis' 2024 Lent Message | Action |
|---|---|--|---|---|
| February 14 th , Ash Wednesday | Matthew 6:1-6, 16-18 - Jesus teaches about prayer, fasting, and almsgiving. | As we begin our Lenten journey, let's embrace the freedom found in self-discipline and sincere prayer. | "Lent is a season of grace in which the desert can become once more – in the words of the prophet Hosea – the place of our first love." | Reflect on your freedoms and how you can use them to advocate for justice in your community. |
| February 15 th : | Luke 9:22-25 - Jesus predicts his death and resurrection. | Jesus' sacrifice reminds us of the importance of seeking justice even in the face of adversity. | "During my visit to Lampedusa, as a way of countering the globalization of indifference, I asked two questions: 'Where are you?' and 'Where is your brother?'" | Consider ways to protect the environment as part of your commitment to justice. |
| February 16 th : | Matthew 9:14-15 - Jesus discusses fasting. | Fasting invites us to reflect on our values and align our actions with justice and sincerity. | "Our Lenten journey will be concrete if, by listening once more to those two questions, we realize that even today we remain under the rule of Pharaoh. A rule that makes us weary and indifferent." | Practice a simple act of kindness to promote felicity and freedom in someone's day. |
| February 17 th : | Luke 5:27-32 - Jesus calls Levi (Matthew) to follow him. | Just as Jesus called Levi to a new life, we are called to advocate for justice and freedom for all. | "True, Baptism has begun our process of liberation, yet there remains in us an inexplicable longing for slavery. A kind of attraction to the security of familiar things, to the detriment of our freedom." | Volunteer for a local organization that supports marginalized communities, promoting justice and sincerity. |
| February 18 th : | Mark 1:12-15 - Jesus' temptation in the desert. | Jesus' temptation teaches us the importance of resilience and integrity in our pursuit of justice. | "God has not grown weary of us. Let us welcome Lent as the great season in which he reminds us: 'I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.'" | Spend time in nature, reflecting on ways you can contribute to the preservation of the environment. |
| February 19 th : | Matthew 25:31-46 - The judgment of the nations. | Jesus' teachings remind us of our responsibility to uphold justice and compassion in our actions. | "The witness of many of my brother bishops and a great number of those who work for peace and justice has increasingly convinced me that we need to combat a deficit of hope that stifles dreams and the silent cry that reaches to heaven and moves the heart of God." | Advocate for the rights of marginalized groups and promote inclusivity in your community. |

|  Day |  Gospel text |  Reflection |  Note from Pope Francis' 2024 Lent Message |  Action |
|---|---|---|--|--|
| February 20th: | Mark 9:14-29 - Jesus heals a boy with a demon. | Jesus' healing miracles inspire us to work towards a world where all are treated with dignity and justice. | "This 'deficit of hope' is not unlike the nostalgia for slavery that paralyzed Israel in the desert and prevented it from moving forward. An exodus can be interrupted..." | Volunteer at a local shelter or food bank, supporting those in need and fostering felicity. |
| February 21st: | Matthew 20:17-28 - Jesus teaches about servant leadership. | Jesus' example of servant leadership calls us to act with sincerity and humility in our pursuit of justice. | "Unlike Pharaoh, God does not want subjects, but sons and daughters. The desert is the place where our freedom can mature in a personal decision not to fall back into slavery." | Reach out to someone in need and offer your support, embodying the spirit of servant leadership. |
| February 22nd: | Matthew 7:7-12 - Ask, seek, knock. | Jesus encourages us to seek justice and truth with persistence and sincerity in our hearts. | "In Lent, we find new criteria of justice and a community with which we can press forward on a road not yet taken." | Advocate for environmental policies that promote sustainability and protect the planet for future generations. |
| February 23rd: | Mark 2:18-22 - Jesus teaches about fasting and new wine in old wineskins. | Jesus' teachings remind us to embrace change and renewal with sincerity and openness. | "It is time to act, and in Lent, to act also means to pause. To pause in prayer, in order to receive the word of God, to pause like the Samaritan in the presence of a wounded brother or sister." | Reflect on areas of your life where you can make positive changes and commit to them with sincerity and dedication. |
| February 24th: | Matthew 5:43-48 - Love your enemies. | Jesus challenges us to practice love and forgiveness, even towards those who oppose us, promoting justice and felicity. | "Love of God and love of neighbour are one love. Not to have other gods is to pause in the presence of God beside the flesh of our neighbour." | Engage in a dialogue with someone with whom you disagree, seeking understanding and reconciliation. |
| February 25th: | Luke 4:1-13 Jesus' temptation in the desert. | Jesus' resistance to temptation teaches us the importance of integrity and sincerity in our actions. | "For this reason, prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us." | Reflect on areas of your life where you are tempted to compromise your values and commit to staying true to yourself with sincerity and courage. |
| February 26th: | Matthew 6:24-34 You cannot serve God and wealth. | Jesus reminds us of the importance of prioritizing spiritual and moral values over material wealth and possessions. | "Then the atrophied and isolated heart will revive. Slow down, then, and pause! The contemplative dimension of life that Lent helps us to rediscover will release new energies." | Practice simplicity by decluttering your living space and donating unused items to those in need. |
| February 27th: | Matthew 23:1-12 Beware of the scribes and Pharisees. | Jesus warns against hypocrisy and calls us to live with sincerity and authenticity. | "Keep seeking and be ready to take risks. Let us find the courage to see our world, not as being in its death throes but in a process of giving birth, not at the end but at the beginning of a great new chapter of history." (Address to University Students, 3 August 2023) | Reflect on areas of your life where you may be hypocritical and strive to align your actions with your values. |

|  Day |  Gospel text |  Reflection |  Note from Pope Francis' 2024 Lent Message |  Action |
|---|---|--|--|--|
| February 28th: | Matthew 20:17-28 Jesus teaches about servant leadership. | Jesus' example of servant leadership challenges us to prioritize the needs of others with humility and sincerity. | "Such is the courage of conversion, born of coming up from slavery. For faith and charity take hope, this small child, by the hand. They teach her to walk, and at the same time, she leads them forward." | Serve others in your community with joy and humility, embodying the spirit of servant leadership. |
| February 29th: | Matthew 18:3 | Lent is a time of transformation and renewal. Jesus calls us to approach our faith with the innocence, trust, and humility of children. Let us embrace this season as an opportunity to shed our burdens, open our hearts to God's love, and journey towards spiritual growth. | "This 'deficit of hope' is not unlike the nostalgia for slavery that paralyzed Israel in the desert and prevented it from moving forward. An exodus can be interrupted..." | Today, let us reflect on our lives with childlike simplicity and trust. Take a moment to pray with a sense of wonder and openness, like a child speaking to their loving parent. Consider how you can cultivate a childlike faith in your daily life, embracing trust, curiosity, and joy in your relationship with God. |
| March 1st: | Luke 4:24-30 - Jesus is rejected at Nazareth. | Jesus faced rejection for speaking truth to power, reminding us of the importance of courage and sincerity in standing up for justice. | "The Church's synodal form, which in these years we are rediscovering and cultivating, suggests that Lent is also a time of communitarian decisions, of decisions, small and large, that are countercurrent." | Speak out against injustice and discrimination, advocating for equality and inclusivity in your community. |
| March 2nd: | Matthew 6:1-6, 16-18 Jesus teaches about prayer, fasting, and almsgiving. | Jesus calls us to practice prayer, fasting, and almsgiving with sincerity and humility, focusing on our inner transformation. | "Decisions capable of altering the daily lives of individuals and entire neighbourhoods, such as the ways we acquire goods, care for creation, and strive to include those who go unseen or are looked down upon." | Dedicate time for prayer and reflection, seeking guidance and strength to live with sincerity and integrity. |
| March 3rd: | Mark 1:12-15 - Jesus' temptation in the desert. | Jesus' time in the desert teaches us the importance of spiritual discipline and perseverance in our journey towards freedom and righteousness. | "I invite every Christian community to do just this: to offer its members moments set aside to rethink their lifestyles, times to examine their presence in society and the contribution they make to its betterment." | Practice self-discipline by fasting from a habit or behavior that distracts you from your spiritual goals. |
| March 4th: | Matthew 25:31-46 The judgment of the nations. | Jesus' parable reminds us of the importance of compassion and justice in our interactions with others. | "Woe to us if our Christian penance were to resemble the kind of penance that so dismayed Jesus." | Extend kindness and compassion to those in need, embodying the values of justice and sincerity in your actions. |
| March 5th: | Luke 9:22-25 - Jesus predicts his death and resurrection. | Jesus' sacrifice teaches us the true meaning of freedom and liberation, inspiring us to live with courage and integrity. | "To us too, he says: 'Whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting.'" | Reflect on the sacrifices you are willing to make for the greater good, committing to live with sincerity and purpose. |

|  Day |  Gospel text |  Reflection |  Note from Pope Francis' 2024 Lent Message |  Action |
|---|---|---|---|--|
| March 6th: | Mark 9:14-29 - Jesus heals a boy with a demon. | Jesus' miraculous healing reminds us of the power of compassion and sincerity in bringing about positive change. | "Instead, let others see joyful faces, catch the scent of freedom and experience the love that makes all things new, beginning with the smallest and those nearest to us." | Reach out to someone who is struggling and offer them support and encouragement, embodying the spirit of compassion and justice. |
| March 7th: | Matthew 20:17-28 - Jesus teaches about servant leadership. | Jesus' example of servant leadership challenges us to prioritize the needs of others with humility and sincerity. | "This can happen in every one of our Christian communities." | Serve others in your community with joy and humility, embodying the spirit of servant leadership. |
| March 8th: | Matthew 7:7-12 - Ask, seek, knock. | Jesus encourages us to seek justice and truth with persistence and sincerity in our hearts. | "To the extent that this Lent becomes a time of conversion, an anxious humanity will notice a burst of creativity, a flash of new hope." | Incorporate nature into your spiritual practices by spending time outdoors and reflecting on the beauty of creation. |
| March 9th: | Mark 2:18-22 - Jesus teaches about fasting and new wine in old wineskins. | Jesus' teachings remind us to embrace change and renewal with sincerity and openness. | "Allow me to repeat what I told the young people whom I met in Lisbon last summer: 'Keep seeking and be ready to take risks.'" | Reflect on areas of your life where you can make positive changes and commit to them with sincerity and dedication. |
| March 10th: | Matthew 5:43-48 Love your enemies. | Jesus challenges us to practice love and forgiveness, even towards those who oppose us, promoting justice and felicity. | "At this moment in time, we face enormous risks; we hear the painful plea of so many people." | Engage in a dialogue with someone with whom you disagree, seeking understanding and reconciliation. |
| March 11th: | Luke 4:1-13 - Jesus' temptation in the desert. | Jesus' resistance to temptation teaches us the importance of integrity and sincerity in our actions. | "Indeed, we are experiencing a third world war fought piecemeal." | Reflect on areas of your life where you are tempted to compromise your values and commit to staying true to yourself with sincerity and courage. |
| March 12th: | Matthew 6:24-34 You cannot serve God and wealth. | Jesus reminds us of the importance of prioritizing spiritual and moral values over material wealth and possessions. | "Yet let us find the courage to see our world, not as being in its death throes but in a process of giving birth, not at the end but at the beginning of a great new chapter of history." | Practice simplicity by decluttering your living space and donating unused items to those in need. |
| March 13th: | Matthew 23:1-12 Beware of the scribes and Pharisees. | Jesus warns against hypocrisy and calls us to live with sincerity and authenticity. | - "Such is the courage of conversion, born of coming up from slavery." | Reflect on areas of your life where you may be hypocritical and strive to align your actions with your values. |

|  Day |  Gospel text |  Reflection |  Note from Pope Francis' 2024 Lent Message |  Action |
|---|---|--|---|--|
| March 14th: | Matthew 20:17-28 Jesus teaches about servant leadership. | Jesus' example of servant leadership challenges us to prioritize the needs of others with humility and sincerity. | - "Such is the courage of conversion, born of coming up from slavery." | Serve others in your community with joy and humility, embodying the spirit of servant leadership. |
| March 15th: | Luke 4:24-30 - Jesus is rejected at Nazareth. | Jesus faced rejection for speaking truth to power, reminding us of the importance of courage and sincerity in standing up for justice. | "For faith and charity take hope, this small child, by the hand. They teach her to walk, and at the same time, she leads them forward." | Speak out against injustice and discrimination, advocating for equality and inclusivity in your community. |
| March 16th: | Matthew 6:1-6, 16-18 - Jesus teaches about prayer, fasting, and almsgiving. | Jesus calls us to practice prayer, fasting, and almsgiving with sincerity and humility, focusing on our inner transformation. | "Lent is a season of grace in which the desert can become once more the place of our first love." | Dedicate time for prayer and reflection, seeking guidance and strength to live with sincerity and integrity. |
| March 17th: | Mark 1:12-15 - Jesus' temptation in the desert. | Jesus' time in the desert teaches us the importance of spiritual discipline and perseverance in our journey towards freedom and righteousness. | "During my visit to Lampedusa, as a way of countering the globalization of indifference, I asked two questions, which have become more and more pressing: 'Where are you?' and 'Where is your brother?'" | Practice self-discipline by fasting from a habit or behavior that distracts you from your spiritual goals. |
| March 18th: | Matthew 25:31-46 The judgment of the nations. | Jesus' parable reminds us of the importance of compassion and justice in our interactions with others. | "Our Lenten journey will be concrete if, by listening once more to those two questions, we realize that even today we remain under the rule of Pharaoh. A rule that makes us weary and indifferent." | Extend kindness and compassion to those in need, embodying the values of justice and sincerity in your actions. |
| March 19th: | Luke 9:22-25 - Jesus predicts his death and resurrection. | Jesus' sacrifice teaches us the true meaning of freedom and liberation, inspiring us to live with courage and integrity. | "True, Baptism has begun our process of liberation, yet there remains in us an inexplicable longing for slavery. A kind of attraction to the security of familiar things, to the detriment of our freedom." | Reflect on the sacrifices you are willing to make for the greater good, committing to live with sincerity and purpose. |
| March 20th: | Mark 9:14-29 - Jesus heals a boy with a demon. | Jesus' miraculous healing reminds us of the power of compassion and sincerity in bringing about positive change. | "God has not grown weary of us. Let us welcome Lent as the great season in which he reminds us: 'I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.'" | Reach out to someone who is struggling and offer them support and encouragement, embodying the spirit of compassion and justice. |
| March 21st: | Matthew 20:17-28 Jesus teaches about servant leadership. | Jesus' example of servant leadership challenges us to prioritize the needs of others with humility and sincerity. | "The witness of a great number of those who work for peace and justice has increasingly convinced me that we need to combat a deficit of hope." | Serve others in your community with joy and humility, embodying the spirit of servant leadership. |

|  Day |  Gospel text |  Reflection |  Note from Pope Francis' 2024 Lent Message |  Action |
|---|---|--|--|---|
| March 22nd: | Matthew 7:7-12 - Ask, seek, knock. | Jesus encourages us to seek justice and truth with persistence and sincerity in our hearts. | "This 'deficit of hope' is not unlike the nostalgia for slavery that paralyzed Israel in the desert and prevented it from moving forward. An exodus can be interrupted..." | Advocate for environmental policies that promote sustainability and protect the planet for future generations. |
| March 23rd: | Mark 2:18-22 - Jesus teaches about fasting and new wine in old wineskins. | Jesus' teachings remind us to embrace change and renewal with sincerity and openness. | "Unlike Pharaoh, God does not want subjects, but sons and daughters. The desert is the place where our freedom can mature in a personal decision not to fall back into slavery." | Reflect on areas of your life where you can make positive changes and commit to them with sincerity and dedication. |
| March 24th: | Matthew 5:43-48 Love your enemies. | Jesus challenges us to practice love and forgiveness, even towards those who oppose us, promoting justice and felicity. | "In Lent, we find new criteria of justice and a community with which we can press forward on a road not yet taken." | Engage in a dialogue with someone with whom you disagree, seeking understanding and reconciliation. |
| March 25th: Palm Sunday | Mark 11:1-10 - Jesus' triumphal entry into Jerusalem. | Jesus' entry into Jerusalem reminds us of the importance of humility and sincerity in our journey towards freedom and salvation. | "Lent is a time of conversion, a time of freedom." | Reflect on the significance of Palm and prepare your heart for the solemnity of Holy Week. |