

Lenten Prayer Kits

Theme: Return to Me with Your Whole Heart (Joel 2:12)

What's in the Kit: *(make this your own based on your parish resources. Examples are listed below)*

Lenten Calendar (40 days of Scripture + reflections)

Prayer Card or Booklet (daily or weekly)

Family Activity Guide

Charitable Giving Plan

Spiritual Goals Worksheet

Lenten Offering Box (or instructions for creating one)

Simple Lenten Meal Recipes (for Friday fasts)

Bookmark or keepsake with a Lenten Scripture quote

Weekly Themes & Scripture Reflections

Each week includes a Scripture passage, reflection question, and call to action.

Week 1 – Conversion

“Return to me with your whole heart...” (Joel 2:12)

Reflection: What areas of your life need turning back to God?

Action: Begin a prayer journal or attend reconciliation.

Week 2 – Prayer

“But when you pray, go to your inner room...” (Matthew 6:6)

Reflection: Where can you make more time for God?

Action: Create a quiet prayer space at home or pray the Rosary daily.

Week 3 – Fasting

“Man shall not live by bread alone...” (Matthew 4:4)

Reflection: What comforts or habits can you fast from to grow in holiness?

Action: Choose one item to give up and offer it for someone in need.

Week 4 – Almsgiving

“Whatever you did for one of the least of these...” (Matthew 25:40)

Reflection: How is God calling you to be generous this Lent?

Action: Pick a charity to support or donate your Lenten offerings.

Week 5 – Mercy

“Be merciful, just as your Father is merciful.” (Luke 6:36)

Reflection: Who needs your forgiveness or compassion this week?

Action: Write a letter of reconciliation to someone you have wronged or do a hidden act of kindness.

Holy Week – Suffering and Hope

“Father, into your hands I commend my spirit.” (Luke 23:46)

Reflection: How can you unite your suffering to Christ’s this week?

Action: Attend Triduum services and spend time in quiet reflection.

Spiritual Giving Ideas

Encourage participants to give not just financially, but with their time and hearts.

Attend daily Mass or Stations of the Cross.

Pray the Divine Mercy Chaplet at 3 p.m.

Make a spiritual bouquet for someone (Masses, prayers, sacrifices).

Offer your day for someone who is suffering or alone.

Charitable Giving Ideas

Include local and diocesan ministries your parish supports. Offer envelopes or instructions for:

Donating to the Diocese's Annual Catholic Appeal

Supporting food pantries or homeless shelters.

Creating care packages for shut-ins or the elderly.

Donating goods (clothes, baby items, hygiene kits).

Family & Parish Engagement

"Lenten Tree" of prayer leaves or good deeds

Weekly soup supper with Scripture reflections

Parish-wide almsgiving challenge or service project

"Prayer partner" cards for intercessory prayer within the parish

Optional Printable Resources:

40-Day Scripture and Reflection Calendar

Daily Prayer Journal Pages

Spiritual Goals Tracker

"Lenten Mission" Card for kids (pray, fast, give)

Lenten Offering Box Instructions

“Where your treasure is, there your heart will be also.” – Matthew 6:21

What is a Lenten Offering Box?

A Lenten Offering Box is a small container used to collect spare change or donations during Lent. Each contribution is a small act of love, sacrifice, and generosity offered to God for the good of others.

How to Make One

Simple DIY (Home or Classroom Version)

You'll need:

A small empty box (e.g., tissue box, shoebox, or food container)

Construction paper, stickers, or printed labels

Scissors and glue/tape

Markers or pens

Instructions:

Cover your box with paper or decorate it creatively.

Cut a slit in the top for coins and small bills.

Label it: “Lenten Offering Box” and add a Scripture verse or family name.

Place it in a visible area at home, such as the prayer corner or kitchen table.

How to Use the Lenten Offering Box

Set a daily or weekly goal for giving. Examples:

Donate for each blessing received or prayer said.

Sacrifice a treat or habit and donate the cost.

Match acts of kindness with coins of gratitude.

Use it as a family tradition—let children take turns adding offerings.

Pair with the Spiritual Goals Tracker to connect almsgiving to other practices.

Where Will It Go?

At the end of Lent (or during Holy Week), donate the total collected to:

Catholic Charities

Parish outreach ministries

A local shelter, food pantry, or global mission

Include a prayer with your offering:

“Lord, receive these gifts as signs of our love. Use them to bring hope and healing to those in need. Amen.”

Lenten Scripture & Reflection Calendar

Theme: Return to Me with Your Whole Heart (Joel 2:12)

Ash Wednesday

Joel 2:12-13 – “Return to me with your whole heart.”

Reflect: What do you need to turn away from to return to God?

WEEK 1 – Conversion

Focus: Turning away from sin and back to God

Thursday – Matthew 6:1-6 Are you seeking approval from people or from God?

Friday – Psalm 51:1-4 Ask for God’s mercy. Where do you need cleansing?

Saturday – Mark 1:15 “The Kingdom is at hand.” What must you repent of?

Sunday – Romans 12:2 Let God renew your mind. How can you change your patterns?

Monday – Luke 15:7 Rejoice in mercy! Have you received or extended it lately?

Tuesday – Isaiah 1:16-18 Let your sins be washed clean. What habits must go?

Wednesday – 1 John 1:9 Confession brings healing. Will you seek it this Lent?

WEEK 2 – Prayer

Focus: Deepening your relationship with God

Thursday – Matthew 6:6 Make space for silence. Where is your inner room?

Friday – Psalm 27:8 God says, “Seek my face.” What does your heart reply?

Saturday – Luke 11:1-4 Pray the Our Father—slowly, meaningfully.

Sunday – Philippians 4:6-7 Let peace guard your heart through prayer.

Monday – James 4:8 Draw near to God today. He will draw near to you.

Tuesday – 1 Thessalonians 5:17 How can your daily tasks become prayer?

Wednesday – Psalm 5:3 Begin and end your day with prayer.

WEEK 3 – Fasting

Focus: Detachment from sin and material excess

Thursday – Matthew 4:1-4 What are you “feeding on” other than God?

Friday – Isaiah 58:6-7 God desires fasting that frees and serves others.

Saturday – Galatians 5:16-17 Let the Spirit lead, not your cravings.

Sunday – Romans 8:13 What unhealthy patterns can you “put to death”?

Monday – Daniel 10:3 What distractions will you fast from this week?

Tuesday – 1 Corinthians 9:25-27 Train your soul with discipline and focus.

Wednesday – Matthew 6:16-18 Fast in secret. Let it be between you and God.

WEEK 4 – Almsgiving

Focus: Generous giving and serving others

Thursday – Matthew 25:35-40 Serve Christ by serving others today.

Friday – Proverbs 19:17 God treasures every act of generosity.

Saturday – Tobit 4:7-11 Share what you have—it’s a holy offering.

Sunday – James 2:14-17 Is your faith alive through action?

Monday – Luke 3:10-11 What can you share that someone else lacks?

Tuesday – Hebrews 13:16 Doing good and sharing pleases God.

Wednesday – 2 Corinthians 9:6-8 Give cheerfully and with trust in God's provision.

WEEK 5 – Mercy

Focus: Compassion, forgiveness, reconciliation

Thursday – Luke 6:36-38 Are you merciful as God is to you?

Friday – Micah 6:8 Act justly, love mercy, walk humbly.

Saturday – Colossians 3:12-13 Clothe yourself in kindness and patience.

Sunday – Matthew 18:21-22 Who do you need to forgive—again?

Monday – Psalm 103:8-13 God is slow to anger. Are you?

Tuesday – John 8:10-11 Lay down judgment. Embrace mercy.

Wednesday – Ephesians 4:31-32 Let go of resentment. Be tenderhearted.

WEEK 6 – Hope & Preparation

Focus: Trusting God's promises and preparing for Holy Week

Thursday – Romans 5:1-5 Suffering produces hope. Do you believe that?

Friday – Jeremiah 29:11 God has plans for your future—even in trials.

Saturday – Isaiah 40:31 Wait on the Lord. Let Him renew your strength.

Sunday (Palm Sunday) – Luke 19:35-38 Welcome the King into your heart.

Monday (Holy Week Begins) – John 12:1-8 What do you offer Jesus in love and sacrifice?

Tuesday (Holy Week) – John 13:21-30 Where do you see betrayal—yours or others'? Forgive.

Wednesday (Spy Wednesday) – Matthew 26:14-16 What is your "silver"? What tempts your loyalty?

HOLY TRIDUUM

Holy Thursday – John 13:3-17 Serve as Jesus served. Whose feet can you "wash"?

Good Friday – John 19:25-30 Gaze at the cross. What does Christ's sacrifice mean to you?

Holy Saturday – Matthew 27:57-66 Wait in the silence. Trust in hope before dawn.

Lenten Scripture & Reflection Calendar

with Spiritual Goal Tracker

Return to Me with Your Whole Heart

(Joel 2:12)

Each day has 4 boxes to check for:

Prayer, Fasting, Almsgiving, Reflection.

Prayer Goal:

- *E.g., Pray the Rosary daily, attend daily Mass, set aside 10 minutes of silence...*

Fasting Goal:

- E.g., No sweets, no social media after 8 PM, fast from complaining...

Almsgiving Goal:

- *E.g., Donate weekly, volunteer at a soup kitchen, write notes of encouragement...*

Reflection Goal:

- *E.g., Journal daily, read a spiritual book, follow Lenten Scripture plan...*

WEEK 1 – Conversion

Focus: Turning away from sin and back to God

Reflection: What areas of your life need turning back to God?

Action: Begin a prayer journal or attend reconciliation.

<p>Ash Wednesday Joel 2:12-13 What do you need to turn away from to return to God?</p>	<p>Matthew 6:1-6 Are you seeking approval from people or from God?</p>	<p>Psalms 51:1-4 Ask for God's mercy. Where do you need cleansing?</p>	<p>Mark 1:15 "The Kingdom is at hand." What must you repent of?</p>
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WEEK 2 – Prayer

Focus: Deepening your relationship with God

Reflection: Where can you make more time for God?

Action: Create a quiet prayer space at home or pray the Rosary daily.

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WEEK 3 – Fasting

Focus: Detachment from sin and material excess

Reflection: What comforts or habits can you fast from to grow in holiness?

Action: Choose one item to give up and offer it for someone in need.

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Action: Pick a charity to support or donate your Lenten offerings.

Romans 8:13 What unhealthy patterns can you “put to death”?	Daniel 10:3 What distractions will you fast from this week?	1 Corinthians 9:25-27 Train your soul with discipline and focus.	Matthew 6:16-18 Fast in secret. Let it be between you and God.	Matthew 25:35-40 Serve Christ by serving others today.	Proverbs 19:17 God treasures every act of generosity.	Tobit 4:7-11 Share what you have—it’s a holy offering.
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Action: Write a letter of reconciliation to someone you have wronged or do a hidden act of kindness.

James 2:14-17 Is your faith alive through action?	Luke 3:10-11 What can you share that someone else lacks?	Hebrews 13:16 Doing good and sharing pleases God.	2 Corinthians 9:6-8 Give cheerfully and with trust in God's provision.	Luke 6:36-38 Are you merciful as God is to you?	Micah 6:8 Act justly, love mercy, walk humbly.	Colossians 3:12-13 Clothe yourself in kindness and patience.
P F A R	P F A R	P F A R	P F A R	P F A R	P F A R	P F A R

Action: Attend Triduum services and spend time in quiet reflection.

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“Father, into your hands I commend my spirit.” (Luke 23:46)

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