

40-DAY LENTEN CHALLENGES



Christ in the City is a Catholic formation and homeless outreach program. Join us in sacrificing and praying for our homeless friends by name each day during Lent.

- DAY 1:** **Get your ashes at Mass**
FEB 26 *Pray for Savannah*
- DAY 2:** **Consider who the Lord has put in front of you to love today**
FEB 27 *Pray for Joseph*
- DAY 3:** **Tell someone you appreciate them**
FEB 28 *Pray for Anna*
- DAY 4:** **Meet a neighbor**
FEB 29 *Pray for Levi*

SUNDAY: REFLECT WITH GRATITUDE
Pray for Shrek

- DAY 5:** **Pray a rosary**
MAR 2 *Pray for Zach*
- DAY 6:** **Call or spend time with a relative**
MAR 3 *Pray for Steve*
- DAY 7:** **Forget the snooze button!**
MAR 4 *Pray for Ron*
- DAY 8:** **Take a break from multitasking to be present**
MAR 5 *Pray for Perry*
- DAY 9:** **Ask a friend for prayer intentions**
MAR 6 *Pray for Pacheco*
- DAY 10:** **Take a morning walk & listen**
MAR 7 *Pray for Michael*

SUNDAY: REFLECT WITH GRATITUDE
Pray for Lydia

- DAY 11:** **Do something you enjoyed as a kid. Reflect on childlike joy.**
MAR 9 *Pray for Kevin*
- DAY 12:** **Write a thank you note to a priest**
MAR 10 *Pray for Luis*
- DAY 13:** **Make time for a friend or coworker**
MAR 11 *Pray for José*

DAY 14: **Skip a cup of coffee or tea**
MAR 12 *Pray for Chris*

DAY 15: **Fast from social media**
MAR 13 *Pray for Peter*

DAY 16: **Give time to your parish**
MAR 14 *Pray for Chuck*

SUNDAY: REFLECT WITH GRATITUDE
Pray for Paul

DAY 17: **Visit or call someone who's sick**
MAR 16 *Pray for William*

DAY 18: **Pray the Chaplet of Divine Mercy**
MAR 17 *Pray for Dylan*

DAY 19: **Fast from snacking between meals**
MAR 18 *Pray for Jacob*

DAY 20: **Talk to a homeless person at a stoplight (if n/a, offer a prayer)**
MAR 19 *Pray for Lil' Joe*

DAY 21: **Invite a friend to a parish fish fry**
MAR 20 *Pray for Jamie*

DAY 22: **Exercise & offer up your workout**
MAR 21 *Pray for David*

SUNDAY: REFLECT WITH GRATITUDE
Pray for Gary

DAY 23: **Get to know someone better today. Ask good questions & listen.**
MAR 23 *Pray for Angel*

DAY 24: **Offer up a cold shower**
MAR 24 *Pray for Sharon*

DAY 25: **Reconnect with a friend**
MAR 25 *Pray for Dennis*

DAY 26: **Visit an Adoration chapel**
MAR 26 *Pray for Albert*

DAY 27: **Attend Stations of the Cross**
MAR 27 *Pray for Alvin*

DAY 28: **Do a chore you've been putting off**
MAR 28 *Pray for Robert*

SUNDAY: REFLECT WITH GRATITUDE
Pray for Donald

DAY 29: **Offer up sleeping without a pillow**
MAR 30 *Pray for Shala*

DAY 30: **Invite someone to coffee**
MAR 31 *Pray for Adam*

DAY 31: **Plan a time to go to confession**
APR 1 *Pray for Robby*

DAY 32: **Affirm a friend**
APR 2 *Pray for Muna*

DAY 33: **Pray a decade of the rosary**
APR 3 *Pray for Bill*

DAY 34: **Downsize or simplify in some way**
APR 4 *Pray for Dave*

SUNDAY: REFLECT WITH GRATITUDE
Pray for Max

DAY 35: **Attend daily Mass**
APR 6 *Pray for Brian*

DAY 36: **Fast from music; embrace silence**
APR 7 *Pray for Dustin*

DAY 37: **Set aside 30 minutes to pray**
APR 8 *Pray for Reggie*

DAY 38: **Fast from all drinks except water**
APR 9 *Pray for Sarah*

DAY 39: **Reflect on Jesus' love on the cross**
APR 10 *Pray for Miguel*

DAY 40: **Volunteer with Christ in the City or a local ministry**
APR 11 *Pray for those you meet!*
(Details at www.christinthecity.org/lunch)

Happy *Easter!*

everyone deserves to be known & loved

"If a person always feels they are inhuman or they don't have any dignity, they are going to sit on that corner and take handouts all day. With a loving outreach, however, you can help people realize what they are made for."

The path to healing is always going to be through a relationship with another person. *Christ in the City's mission is absolutely essential for that."*

- Dr. Jim Langley, St. Raphael Counseling



We must see each person as *human*, not a problem to be fixed.

At Christ in the City, **loving the homeless looks like:**



SEEING THE PERSON

- Looking someone in the eyes who hasn't been looked upon in months
- Taking the risk to introduce ourselves and remembering that person's name
- Connecting on a human level (talking about sports, hobbies, jobs, and dreams)



BEING A FRIEND

- Caring enough to simply listen
- Meeting someone for coffee and intentional conversation
- Laughing; sometimes crying
- Walking with an anxious friend to an appointment
- Showing someone the beauty that they cannot see in themselves



HOPE

- Telling a friend, "You are worth it and you are not alone."
- Daring someone to dream and helping them to take the steps
- Resumes, housing applications, reconnecting with family, praying together
- Celebrating birthdays, holidays, sobriety, new housing!

*NEW this Lent!

KNOWN & LOVED

A community of monthly givers

The members of Known & Loved are passionate about contributing to a culture of encounter in which every person is seen, known, and loved. Not only do they provide Christ in the City the financial stability to make this happen, but they also receive our special intentions regularly and lift up our friends on the street in prayer. This means the world to us!

Join the Known & Loved community!

Your gift tells someone in need:
"Your life matters."

\$30

\$60

\$120

OTHER

www.christinthecity.org/knownandloved

