

# PRAY 40

GRADES 6-8



St. John Paul II  
Parish Family

# PRAY 40

**GRADES 6-8**

This is your guide to Pray 40!

Pray 40 is all about engaging in the Lenten practices of prayer, fasting, and almsgiving. Lent is a time to take a look at our lives and turn back to God.

Here's how it works. Each day, you'll have a different challenge to complete. If you complete this challenge, fill in the circle. Before you begin, here's some information about the three pillars of Lent.

## PRAYER

The Catechism of the Catholic Church defines prayer in a particularly beautiful way, saying, "Prayer is the rising of one's mind and heart to God or the requesting of good things from God." (CCC 2559) In short, prayer is how we communicate with God. During Lent, we are called to increase our prayers, to raise our hearts and minds more often to the Lord as we prepare to celebrate His Passion.

## ALMSGIVING

Almsgiving is the giving of money or goods to those in need. It is an act of fraternal charity directed towards our brothers and sisters in Christ, and a "work of justice pleasing to God" (CCC 2462).

## FASTING

Fasting is a practice of giving up something, usually food, as a penance. Latin Rite Catholics ages 18-59 are obligated to fast from food on Ash Wednesday and Good Friday. Oftentimes, as part of our Lenten practices, we will fast from a particular activity or treat in addition to fasting from food as a way to draw closer to God and offer a sacrifice to Him.

# *Celebrate Holy Week in our Parishes!*

## **Holy Thursday**

**April 17**

7:00 PM SMA

## **Good Friday**

**April 18**

12:30 PM SH

7:00 PM SMA

## **Holy Saturday - Easter Vigil**

**April 19**

9:00 PM OLGH

## **Easter Sunday**

**April 20**

7:00 AM OLGH

8:00 AM SH

9:00 AM SMA

10:00 AM OLGH

10:30 AM SH

11:00 AM SMA



There is no 6:00 PM Mass  
on Easter Sunday

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## **Service Drive**

As part of our Pray 40 Project, we will be collecting white towels which will be donated to St. Vincent de Paul's Hotel for the Homeless. BLS and PSR students may bring in white towels and give them to their teacher. Each class will compete to see which grade donates the most towels! Our combined goal is to collect 1,000 towels to donate!



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## **Spring Fair, April 27**

Celebrate Easter with our parish family! As we enter the Easter season and finish Pray 40, you are invited to attend our Spring Fair at St. Henry Church, on Sun April 27. This event is for the entire family. There will be indoor and outdoor games, prizes, an Easter egg hunt, and food available for purchase. Join us for 10:30 Mass at St. Henry, then hop over to the PAC to join the celebration!



# PRAYER

Our Father,  
who art in heaven,  
Hallowed by thy name...



MARCH 5-9

1ST WEEK OF LENT

When you  
complete a  
challenge, fill  
in the circle!

ASH  
WEDNESDAY

Read a  
chapter of the  
Bible

THURSDAY

Pray the  
Rosary today

FRIDAY

Learn the  
Stations of  
the Cross

SAT/SUN

1st Sunday  
of Lent



MARCH 10-16

2ND WEEK OF LENT

MONDAY

Go to  
confession  
this week

TUESDAY

Memorize a  
favorite  
Bible verse

WEDNESDAY

Read and  
reflect on a  
Bible passage

THURSDAY

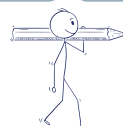
Say a Hail  
Mary when  
you wash  
your hands

FRIDAY

Learn and  
pray the St.  
Michael  
Prayer

SAT/SUN

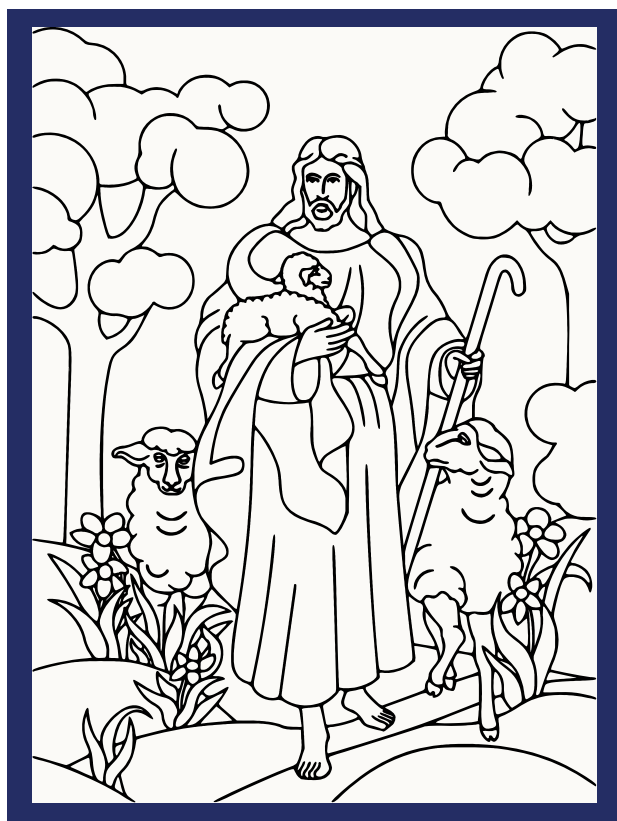
2nd Sunday  
of Lent



# ALMSGIVING

I give you a new commandment: love one another. As I have loved you, so you also should love one another.

John 13:34



## MARCH 17-23

## 3RD WEEK OF LENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Participate in every class today	Help make dinner today	Help with chores without being asked	Clean your room	Meet one new person today	3rd Sunday of Lent



## MARCH 24-30

## 4TH WEEK OF LENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Donate to our service drive	Help a sibling with a chore or homework	Compliment five people today	Help your parent with a chore	Clean up a mess you didn't make	4th Sunday of Lent Laetare Sunday



# FASTING

Yet even now, return to me with your whole heart, with fasting, weeping, and mourning.  
Joel 2:12



MARCH 31-APRIL 6

5TH WEEK OF LENT

MONDAY

Skip your favorite snack for today

TUESDAY

Eat a vegetable you normally wouldn't

WEDNESDAY

Fast from social media for today

THURSDAY

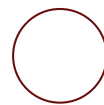
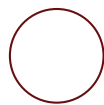
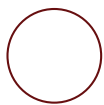
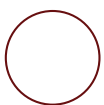
No phone in your bedroom

FRIDAY

Drink water instead of juice/soda

SAT/SUN

5th Sunday of Lent



APRIL 7-13

6TH WEEK OF LENT

MONDAY

Don't complain today

TUESDAY

Fast from listening to music for today

WEDNESDAY

Sit in silence for 15 minutes

THURSDAY

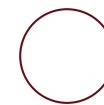
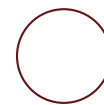
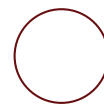
Fast from all screens after dinner

FRIDAY

Plan out and do an act of kindness

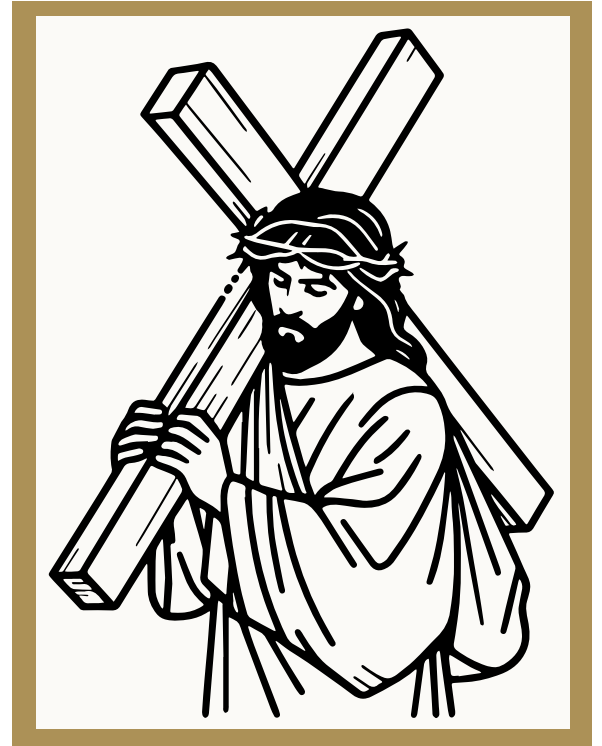
SAT/SUN

Palm Sunday



# HOLY WEEK

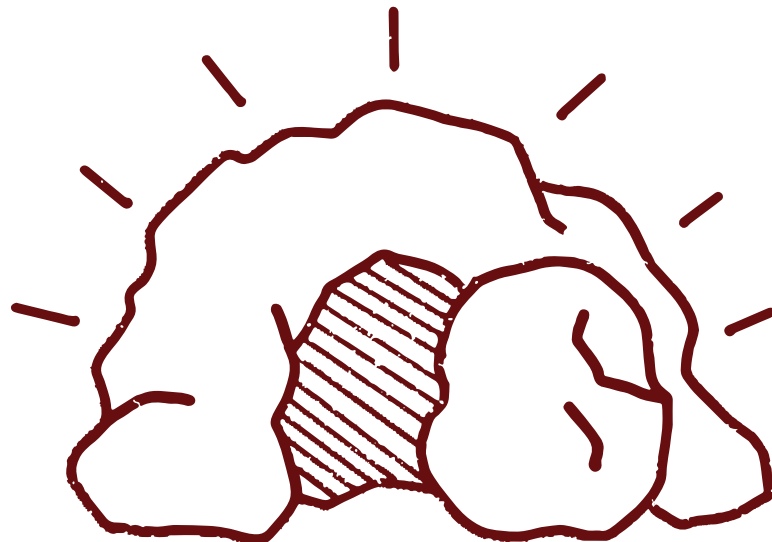
“Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the kingdom of our father David that is to come! Hosanna in the highest!”  
Mark 11:9-10



APRIL 14-20

HOLY WEEK

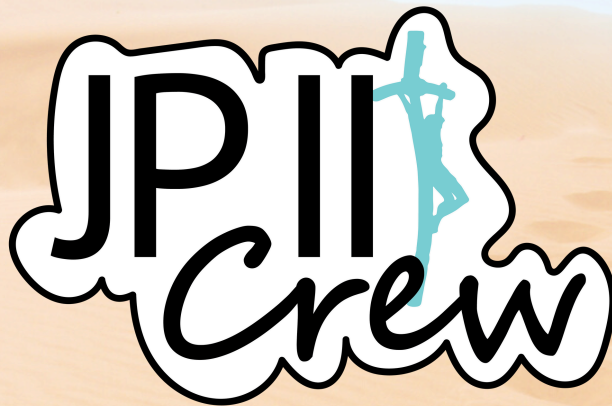
MONDAY	TUESDAY	WEDNESDAY	HOLY THURSDAY	GOOD FRIDAY	SAT/SUN
Skip dessert for today	Help with a chore without being asked	Spend ten minutes in quiet prayer today	Read a story from Holy Thursday	Read a story from Good Friday	Easter Sunday



**THANK YOU TO OUR SPONSORS...**



**St. John Paul II**  
Parish Family



**BISHOP LEIBOLD**  
SCHOOL