

2016 Lenten Prayer Calendar for *The Catholic Youth Prayer Book, Second Edition*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 February	2	3	4	5	6
7	8	9	10 Ash Wednesday Pray the "Ignatian Examination of Conscience" p. 14.	11 Pray the "A Simple Prayer" p. 21.	12 Pray the "The Morning Offering" p. 15.	13 Make Plans to go to Reconciliation. Read pp. 91 & 94
14 Prepare for Mass by reading from pp. 145-155.	15 Pray the Joyful Mysteries of the Rosary on p. 57.	16 Explore the elements of the Our Father in "A Format for Personal Prayer" pp. 115-116.	17 Pray the "The Road Ahead," by Thomas Merton, on p. 93.	18 Try journaling as prayer. For tips, see pp. 135-142.	19 Pray to the Holy Spirit using the "Prayer to the Holy Spirit" on p. 63 this morning and the prayer on pp. 60-61 this evening.	20 Reflect on "Spontaneous Prayer" on p. 113.
21 Prepare for Mass by reading from pp. 145-155.	22 Reflect on "Do Not Look to Tomorrow," by Saint Francis de Sales, on p. 73.	23 Pray the "Prayer of Abandonment" by Brother Charles of Jesus, on p. 92.	24 Sanctify today. Read p. 16.	25 Pray the Luminous Mysteries of the Rosary on p. 57.	26 Start a Novena Read about Novenas on pg. 83. Begin a Novena to the Holy Spirit (p. 66).	27 Novena Day 2 Holy Spirit p. 66 or OLPH p. 54.
28 Novena Day 3 Holy Spirit p. 67 or OLPH p. 54.	29 Novena Day 4 Holy Spirit p. 67 or OLPH p. 54.					

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 March Novena Day 5 Holy Spirit p. 67 or OLPH p 54.	2 Novena Day 6 Holy Spirit p. 68 or OLPH p. 54.	3 Novena Day 7 Holy Spirit, p. 68 or OLPH p. 54.	4 Novena Day 8 Holy Spirit p. 68 or OLPH p. 54.	5 Novena Day 9 Holy Spirit p. 69 or OLPH p. 54.
6 Prepare for Mass by reading from pp. 145- 155.	7 Do the “Meditation on your Baptism” on pp. 130, 132, and 134.	8 Pray “Only One Thing Is Necessary.” By Saint Alphonsus Liguori, on p. 71.	9 Pray the Chaplet of the Divine Mercy on p. 80.	10 Pray “Father, Thank You” on p. 100.	11 Read the reflection, “Which Way, Lord? What Can I Do?” on p. 106.	12 Use the Bible in prayer through lectio divina, pp. 118-125.
13 Pray the Liturgy of the Hours (Week 1), pp. 160-162. (If needed, read the introduction, pp.157-158).	14 Pray the Liturgy of the Hours (Week 1), pp. 163-165.	15 Pray the Liturgy of the Hours (Week 1), pp. 166-168.	16 Pray the Liturgy of the Hours (Week 1), pp. 169-171.	17 Pray the Liturgy of the Hours (Week 1), pp. 172-174.	18 Pray the Liturgy of the Hours (Week 1), pp. 175-178.	19 Pray the liturgy of the Hours (Week 1), pp. 179-181.
20 Palm Sunday Prepare for Mass by reading from pp. 145- 155.	21 For Holy Week, make your own plan.	22 For Holy Week, make your own plan.	23 For Holy Week, make your own plan.	24 Holy Thursday For Holy Week, make your own plan. Triduum begins this evening.	25 Good Friday For Holy Week, make your own plan. Triduum.	26 Holy Saturday For Holy Week, make your own plan. Triduum.
27 Easter Sunday Rejoice!	28	29	30	31		

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