

Lenten Journey Planner



Journey Goal: Lent is a time when we are called to refocus and live more simply. This is so we can be closer to God, and so we can try to live more like Jesus teaches us. A Lenten journey includes a focus on prayer, fasting, and giving.

WEEK

1

Bible Passage: Matthew 4:1-11

Prayer Idea:

Giving Idea:

Fasting Idea:

WEEK

2

Bible Passage: John 3:1-17

Prayer Idea:

Giving Idea:

Fasting Idea:

WEEK

3

Bible Passage: John 4:5-26, 39-42

Prayer Idea:

Giving Idea:

Fasting Idea:

WEEK

4

Bible Passage: John 9:1-13, 28-38

Prayer Idea:

Giving Idea:

Fasting Idea:

WEEK

5

Bible Passage: John 11:17-44

Prayer Idea:

Giving Idea:

Fasting Idea:

HOLY WEEK

Bible Passage: John 18:1-19:37

Prayer Idea:

Giving Idea:

Fasting Idea:

Some things to remember as you plan your Lenten adventure...

- Think about how many people in the Bible and in your other favorite stories go on a big adventure. It can be exciting, scary, fun, and tiring, all at the same time. Think about why we are called to come along on this adventure.
- Remember that God loves us no matter what sort of adventure we might have this Lent. We want to grow closer to him, because he loves us so much!
- As we find our way on this adventure, let's think about how we can help someone who might be lost along the way. How can we share the light of Jesus this Lent? Others might be having a hard time on their journey. How can we help them?
- On every big journey, we take things with us and we have to leave some things behind. Can you think of a few things, or actions, you'd like to take along on your Lenten journey this year? What about some things, actions, or habits you'd like to leave behind for these 40 days?
- For more ideas for your grand Lenten adventure, check out our website: www.stpetersfreehold.org/lent. And if you want to share your Lenten adventures with us, we'd love to hear about it!