

40 Days of Lent with Jesuit Missions

<p>[1] <u>Wed 18 February</u></p> <p>Teach each other one word or greeting from an Indigenous language or your heritage; pray for children learning in two languages.</p>	<p>[2] <u>Thu 19 February</u></p> <p>Family nature walk - spot three signs of spring; choose one waste-reducing change (e.g., a no-plastic day).</p>	<p>[3] <u>Fri 20 February</u></p> <p>Gather gently used books/stationery to donate locally; pray for families choosing between food and school costs.</p>	<p>[4] <u>Sat 21 February</u></p> <p>Plant a herb or a few seeds together; name each plant after someone you'll remember in prayer.</p>	<p>[5] <u>Sun 22 February</u></p> <p>Create a simple 'family pledge' for honest speech and kind listening; put it on the fridge or somewhere visible for the family.</p>	<p>[6] <u>Mon 23 February</u></p> <p>Cook a simple, nutritious meal together; talk about how food and education help families thrive.</p>	<p>[7] <u>Tue 24 February</u></p> <p>Read a short refugee story aloud; light a candle and pray for safety, schooling, and healing.</p>
<p>[8] <u>Wed 25 February</u></p> <p>Write a one-sentence family prayer for justice; say it together before meals all week.</p>	<p>[9] <u>Thu 26 February</u></p> <p>Make a 'family storybook' page (drawings or photos) and share it with grandparents/a friend; pray for Guyanese teachers.</p>	<p>[10] <u>Fri 27 February</u></p> <p>Try an 'energy hour' (lights off, devices aside); reflect on how small choices bless our planet.</p>	<p>[11] <u>Sat 28 February</u></p> <p>Write a note for your teacher or school staff to say "thank you for helping us learn."</p>	<p>[12] <u>Sun 1 March</u></p> <p>Pray by name for a leader you know (teacher, coach, local councillor) to act justly and wisely.</p>	<p>[13] <u>Mon 2 March</u></p> <p>Make a simple 'care for creation' poster and display it at home/school.</p>	<p>[14] <u>Tue 3 March</u></p> <p>Try growing cress on a windowsill; discuss how harvests help with school costs.</p>
<p>[15] <u>Wed 4 March</u></p> <p>Learn one way to support mental wellbeing (e.g. gratitude jar) and use it daily for a week.</p>	<p>[16] <u>Thu 5 March</u></p> <p>Choose one weekly habit to support learning (quiet reading time; device-free hour).</p>	<p>[17] <u>Fri 6 March</u></p> <p>Do a mini litter pick on your street or at a park.</p>	<p>[18] <u>Sat 7 March</u></p> <p>Create a quiet 'study corner' at home; practice a helpful study habit daily e.g. using a dictionary to help with spelling.</p>	<p>[19] <u>Sun 8 March</u></p> <p>Practice 'listening without interrupting' for five minutes at dinner; pray for families in transit centres.</p>	<p>[20] <u>Mon 9 March</u></p> <p>Family vision board - add one future hope for each person (study, career, service).</p>	<p>[21] <u>Tue 10 March</u></p> <p>Write a short letter/post to encourage one eco-action (tree planting, energy saving) explaining why it is important, and share.</p>
<p>[22] <u>Wed 11 March</u></p> <p>Role-play a 'fair choice' (sharing, apologising, telling the truth); celebrate good decisions.</p>	<p>[23] <u>Thu 12 March</u></p> <p>Plan two 'use-it-up' meals this week to prevent leftovers going to waste.</p>	<p>[24] <u>Fri 13 March</u></p> <p>Assemble a small care pack (card + treats) for someone who's had a tough week.</p>	<p>[25] <u>Sat 14 March</u></p> <p>Donate a book or pencil case; write a thank-you card to a teacher or teaching assistant.</p>	<p>[26] <u>Sun 15 March</u></p> <p>Choose a daily 'switch it off' moment (lights/devices) and try an alternative – read a book by candlelight.</p>	<p>[27] <u>Mon 16 March</u></p> <p>Watch a short video or read an article together on fair trade or ethical sourcing; choose one ethical purchase.</p>	<p>[28] <u>Tue 17 March</u></p> <p>Sing a song or pray in two languages (English + heritage/indigenous phrase); bless children in Guyana.</p>
<p>[29] <u>Wed 18 March</u></p> <p>Write a note to your MP asking for compassionate refugee policy and support.</p>	<p>[30] <u>Thu 19 March</u></p> <p>Try composting kitchen scraps (or read how to do it); decide one step you can start this month.</p>	<p>[31] <u>Fri 20 March</u></p> <p>Come up with a set of house rules that promote love, kindness and fairness.</p>	<p>[32] <u>Sat 21 March</u></p> <p>Host a small prayer moment for climate justice; each person names one action to try this spring.</p>	<p>[33] <u>Sun 22 March</u></p> <p>Cook a 'simple-and-local' meal; pray for those who depend on the sea and soil.</p>	<p>[34] <u>Mon 23 March</u></p> <p>Set a family study hour this week with snacks and soft music - phones off.</p>	<p>[35] <u>Tue 24 March</u></p> <p>Make a 'family identity collage' of photos/words; display it and thank God for your roots.</p>
<p>[36] <u>Wed 25 March</u></p> <p>Pray Psalm 23 together for families in transit centres and those who serve them.</p>	<p>[37] <u>Thu 26 March</u></p> <p>Practise a calm 'I statement' when something goes wrong (e.g. "I felt hurt when...").</p>	<p>[38] <u>Fri 27 March</u></p> <p>Pick one eco-habit to keep after Easter (bike/walk more, reduce plastics, shorter showers).</p>	<p>[39] <u>Sat 28 March</u></p> <p>Bake bread or a simple cake together and deliver a portion to an elderly neighbour.</p>	<p>[40] <u>Sun 29 March</u></p> <p>Write your post-Easter family commitment: one habit (eco/justice), one relationship to care for, one way to support Jesuit Missions' work for children and families.</p>		

40 Days of Lent with Jesuit Missions



How to Use This Lenten Calendar

This Lenten calendar invites you on a 40-day journey of prayer, reflection, and action. Each day connects you with the work of Jesuit Missions in Africa, Asia, and Latin America, where communities strive for education, justice, and dignity. As you reflect on the daily Scripture and stories, pause to ask: *'How is God calling me to live more justly and sustainably?'*

If time allows, take part in the suggested actions, individually or as a family, to stand in solidarity with the most vulnerable. These small steps can ripple into big change. Let this Lent be a season of hope, courage, and commitment to building a world where all can flourish.

Day 1 (Ash Wednesday)

Virtue: *Grateful & Generous*

Mission Link: **Guyana Quality Bilingual Education Programme (QBEP):** helps indigenous Wapichan children keep their cultural identity while thriving in school.

Reflection: Today we thank God for the gift of language, story and tradition in our own family, and in other families far away.

"From the lips of children and infants you have ordained praise." (Psalm 8:2)

Action: Teach each other one word or greeting from an indigenous language (e.g. Wapichan) or your family's heritage; pray for children learning in two languages in Guyana.

Day 2

Virtue: *Attentive & Discerning*

Mission Link: **Lok Manch (India):** advocates for land rights for indigenous peoples (Adivasi) and protects vulnerable communities impacted by climate change.

Reflection: God asks us to pay attention to the land that feeds and shelters us. Discern how your family can care for creation today.

"The earth is the Lord's, and everything in it." (Psalm 24:1)

Action: Family nature walk - spot three signs of spring; choose one waste-reducing change (e.g., a no-plastic day).

Day 3

Virtue: *Compassionate & Loving*

Mission Link: **JOESA (Zambia, Mozambique & Zimbabwe):** provides basic essentials so children can attend school, opening paths out of poverty.

Reflection: Compassion means wanting every child to learn; love acts to make that possible.

"Let us love not with words or speech but with actions and in truth." (1 John 3:18)

Action: Gather gently used books/stationery to donate locally; pray for families choosing between food and school costs.

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Day 4

Virtue: *Faith-Filled & Hopeful*

Mission Link: Madagascar Centre Arrupe: forms young environmental leaders and changes attitudes toward caring for our common home.

Reflection: Faith trusts small seeds; hope believes children can grow into protectors of creation.

"Faith as small as a mustard seed... nothing will be impossible." (Matthew 17:20)

Action: Plant a herb or a few seeds together; name each plant after someone you'll remember in prayer.

Day 5

Virtue: *Eloquent & Truthful*

Mission Link: Myanmar Leadership Institute: offers ethical leadership courses that equip students to face corruption, inequality, and ethnic tensions for peace.

Reflection: Truth spoken kindly changes hearts. Let our words build up, not tear down.

"Speak the truth in love." (Ephesians 4:15)

Action: Create a simple 'family pledge' for honest speech and kind listening; put it on the fridge or somewhere visible for the family.

Day 6

Virtue: *Learned & Wise*

Mission Link: Sowing Seeds (South Sudan): expands education and trains local women in farming skills so families can be independent amid conflict.

Reflection: Wisdom grows when we share what we know and feed others.

"Let the wise listen and add to their learning." (Proverbs 1:5)

Action: Cook a simple, nutritious meal together; talk about how food and education help families thrive.

Day 7

Virtue: *Curious & Active*

Mission Link: Sudan Crisis Response (Renk, South Sudan): emergency support integrating Mental Health & Psychosocial Support (MHPSS) with basic education for refugees and returnees.

Reflection: Curiosity asks, *"What is life like for families in Renk?"* Love acts, even in small ways.

"Carry each other's burdens." (Galatians 6:2)

Action: Read a short refugee story aloud; light a candle and pray for safety, schooling, and healing.

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Day 8

Virtue: *Intentional & Prophetic*

Mission Link: Lok Manch (India): intentional advocacy for just land policies and climate protection.

Reflection: Being intentional means choosing fairness; prophetic voices speak for those unheard.

"What does the Lord require... to act justly, love mercy, and walk humbly." (Micah 6:8)

Action: Write a one-sentence family prayer for justice; say it together before meals all week.

Day 9

Virtue: *Grateful & Generous*

Mission Link: Guyana Quality Bilingual Education Programme (QBEP): bilingual, culturally rooted teaching that helps children belong and succeed.

Reflection: We're grateful that every child's story matters to God and to us.

"Give thanks to the Lord, for He is good." (Psalm 107:1)

Action: Make a 'family storybook' page (drawings or photos) and share it with grandparents/a friend; pray for Guyanese teachers.

Day 10

Virtue: *Attentive & Discerning*

Mission Link: Madagascar Centre Arrupe: training and media resources that help whole communities choose eco-friendly habits.

Reflection: Notice energy and water use at home; what can be changed?

"The Lord God took the man and put him in the garden to work it and take care of it." (Genesis 2:15)

Action: Try an 'energy hour' (lights off, devices aside); reflect on how small choices bless our planet.

Day 11

Virtue: *Compassionate & Loving*

Mission Link: JOESA (Zambia, Mozambique & Zimbabwe): removing barriers (uniforms, supplies, transport) so children can attend school regularly.

Reflection: Love makes room, so no child is left out of learning.

"Love is patient, love is kind." (1 Corinthians 13:4)

Action: Write a note for your teacher or school staff to say *"thank you for helping us learn."*

Day 12

Virtue: *Faith-Filled & Hopeful*

Mission Link: Myanmar Leadership Institute: forming peace-minded leaders in a time of conflict.

Reflection: Faith says God can raise leaders who choose honesty and peace.

"Blessed are the peacemakers." (Matthew 5:9)

Action: Pray by name for a leader you know (teacher, coach, local councillor) to act justly and wisely.

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Day 13

Virtue: *Eloquent & Truthful*

Mission Link: Lok Manch (India): truth-telling about mining impacts and climate risks; eloquent advocacy for indigenous land rights.

Reflection: Speak the truth with gentleness, especially when it's about protecting people and places.

"Open your mouth, judge righteously, defend the rights of the poor and needy." (Proverbs 31:9)

Action: Make a simple 'care for creation' poster and display it at home/school.

Day 14

Virtue: *Learned & Wise*

Mission Link: Sowing Seeds (South Sudan): practical training (seeds, compost, irrigation) that pays for school fees and meals.

Reflection: Wisdom looks like skill + service = thriving families.

"Give us today our daily bread." (Matthew 6:11)

Action: Try growing cress on a windowsill; discuss how harvests help with school costs.

Day 15

Virtue: *Curious & Active*

Mission Link: Sudan Crisis Response (Renk, South Sudan): child-friendly spaces, teacher training and community-based psychosocial care despite aid cuts.

Reflection: Ask questions kindly; act in ways that help others feel safe.

"Be kind and compassionate to one another." (Ephesians 4:32)

Action: Learn one way to support mental wellbeing (e.g. gratitude jar) and use it daily for a week.

Day 16

Virtue: *Intentional & Prophetic*

Mission Link: JOESA (Zambia, Mozambique & Zimbabwe): intentionally breaking cycles of poverty through school access.

Reflection: Intentional families choose habits that lift others.

"Let us not become weary in doing good." (Galatians 6:9)

Action: Choose one weekly habit to support learning (quiet reading time; device-free hour).

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Day 17

Virtue: *Grateful & Generous*

Mission Link: Lok Manch (India): communities learning rights and stewardship of land and water.

Reflection: We're grateful for clean water and safe parks; generosity means protecting them for others.

"Freely you have received; freely give." (Matthew 10:8)

Action: Do a mini litter pick on your street or at a park.

Day 18

Virtue: *Attentive & Discerning*

Mission Link: Guyana Quality Bilingual Education Programme (QBEP): listening to children's language and culture so teaching truly benefits them.

Reflection: Pay attention to how each person learns; ask, *"What helps you most?"*

"Let every person be quick to hear, slow to speak." (James 1:19)

Action: Create a quiet 'study corner' at home; practice a helpful study habit daily e.g. using a dictionary to help with spelling

Day 19

Virtue: *Compassionate & Loving*

Mission Link: Sudan Crisis Response (Renk, South Sudan): integrated Mental Health & Psychosocial Support with home visitors and group sessions for new arrivals, alongside education support.

Reflection: Compassion is listening well; love is being patient with people's stories.

"Rejoice with those who rejoice; weep with those who weep." (Romans 12:15)

Action: Practice 'listening without interrupting' for five minutes at dinner; pray for families in transit centres.

Day 20

Virtue: *Faith-Filled & Hopeful*

Mission Link: JOESA (Zambia, Mozambique & Zimbabwe): hope that regular school attendance leads to better job opportunities for the future.

Reflection: Our hope: education opens doors.

"For I know the plans I have for you... to give you a future and a hope." (Jeremiah 29:11)

Action: Family vision board - add one future hope for each person (study, career, service).

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Day 21

Virtue: *Eloquent & Truthful*

Mission Link: Madagascar Centre Arrupe: teaching and advocating for climate justice, including youth media and training.

Reflection: Share the truth about climate kindly and clearly.

"Speak up for those who cannot speak for themselves." (Proverbs 31:8)

Action: Write a short letter/post to encourage one eco-action (tree planting, energy saving) explaining why it is important, and share.

Day 22

Virtue: *Learned & Wise*

Mission Link: Myanmar Leadership Institute: practical ethics in leadership for stability and reconciliation.

Reflection: Wisdom means choosing the good even when it's hard.

"If any of you lacks wisdom, ask God... and it will be given." (James 1:5)

Action: Role-play a 'fair choice' (sharing, apologising, telling the truth); celebrate good decisions.

Day 23

Virtue: *Curious & Active*

Mission Link: Sowing Seeds (South Sudan): agricultural skills that keep food on the table even in dry seasons.

Reflection: Be curious about where food comes from; be active in reducing waste.

"Gather up the fragments... so that nothing may be lost." (John 6:12)

Action: Plan two 'use-it-up' meals this week to prevent leftovers going to waste.

Day 24

Virtue: *Intentional & Prophetic*

Mission Link: Sudan Crisis Response (Renk, South Sudan): intentional focus on trauma care, physiotherapy and teacher training to rebuild community strength.

Reflection: Prophetic love sees people's hidden pain and chooses to help.

"The Lord is close to the broken-hearted." (Psalm 34:18)

Action: Assemble a small care pack (card + treats) for someone who's had a tough week.

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Day 25

Virtue: *Grateful & Generous*

Mission Link: JOESA (Zambia, Mozambique & Zimbabwe): grateful for every child in class; generous support removes barriers to attendance.

Reflection: Thank God for teachers and classmates.

"Encourage one another and build each other up." (1 Thessalonians 5:11)

Action: Donate a book or pencil case; write a thank-you card to a teacher or teaching assistant.

Day 26

Virtue: *Attentive & Discerning*

Mission Link: Madagascar Centre Arrupe: attention to droughts, cyclones and biodiversity loss; discern habits that protect creation.

Reflection: What one home habit will help creation this week?

"The righteous care for the needs of their animals." (Proverbs 12:10)

Action: Choose a daily 'switch it off' moment (lights/devices) and try an alternative – read a book by candlelight.

Day 27

Virtue: *Compassionate & Loving*

Mission Link: Lok Manch (India): compassion for communities harmed by extractive industries; love expressed in policy change.

Reflection: Our love should protect both people and places.

"Defend the oppressed." (Isaiah 1:17)

Action: Watch a short video or read an article together on fair trade or ethical sourcing; choose one ethical purchase.

Day 28

Virtue: *Faith-Filled & Hopeful*

Mission Link: Guyana Quality Bilingual Education Programme (QBEP): faith in children's gifts; hope in bilingual learning that includes culture and identity.

Reflection: God delights in the language of our hearts.

"Train up a child in the way he should go." (Proverbs 22:6)

Action: Sing a song or pray in two languages (English + heritage/indigenous phrase); bless children in Guyana.

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Day 29

Virtue: *Eloquent & Truthful*

Mission Link: Sudan Crisis Response (Renk, South Sudan): telling true stories of hardship and resilience; advocating for continued support.

Reflection: Speak up for families who cannot speak for themselves.

"Whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40)

Action: Write a note to your MP asking for compassionate refugee policy and support.

Day 30

Virtue: *Learned & Wise*

Mission Link: Sowing Seeds (South Sudan): learning irrigation and compost to improve nutrition and fund schooling.

Reflection: Wisdom is using what we learn to bless others.

"If you sow sparingly... if you sow generously, you will also reap generously." (2 Corinthians 9:6)

Action: Try composting kitchen scraps (or read how to do it); decide one step you can start this month.

Day 31

Virtue: *Curious & Active*

Mission Link: Myanmar Leadership Institute: curiosity about just leadership; active practice in daily choices.

Reflection: Ask: *"What would a good leader do?"* - then do it.

"Do nothing out of selfish ambition... value others above yourselves." (Philippians 2:3)

Action: Come up with a set of house rules that promote love, kindness and fairness.

Day 32

Virtue: *Intentional & Prophetic*

Mission Link: Madagascar Centre Arrupe: youth leaders advocating at global climate forums for just finance and transition.

Reflection: Prophecy looks like young people speaking up for the planet's poorest.

"Let justice roll on like a river, righteousness like a never-failing stream." (Amos 5:24)

Action: Host a small prayer moment for climate justice; each person names one action to try this spring.

Day 33

Virtue: *Grateful & Generous*

Mission Link: Lok Manch (India): grateful for community strength; generous in protecting land and sea livelihoods.

Reflection: Thank God for fishers, farmers and forest guardians.

"The Lord will indeed give what is good, and our land will yield its harvest." (Psalm 85:12)

Action: Cook a 'simple-and-local' meal; pray for those who depend on the sea and soil.

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Day 34

Virtue: *Attentive & Discerning*

Mission Link: JOESA (Zambia, Mozambique & Zimbabwe): consistent school attendance changes life chances; families discern priorities to make education possible.

Reflection: What helps you learn best? Choose it intentionally.

"Teach us to number our days, that we may gain a heart of wisdom." (Psalm 90:12)

Action: Set a family study hour this week with snacks and soft music - phones off.

Day 35

Virtue: *Compassionate & Loving*

Mission Link: Guyana Quality Bilingual Education Programme (QBEP): classrooms that welcome culture, language and identity.

Reflection: Love makes space for everyone's story.

"Above all, love each other deeply." (1 Peter 4:8)

Action: Make a 'family identity collage' of photos/words; display it and thank God for your roots.

Day 36

Virtue: *Faith-Filled & Hopeful*

Mission Link: Sudan Crisis Response (Renk, South Sudan): despite shortages, education, counselling and rehabilitation continue - hope in action.

Reflection: Faith looks like perseverance; hope keeps teaching and healing.

"Even though I walk through the darkest valley, I will fear no evil, for you are with me." (Psalm 23:4)

Action: Pray Psalm 23 together for families in transit centres and those who serve them.

Day 37

Virtue: *Eloquent & Truthful*

Mission Link: Myanmar Leadership Institute: articulating ethical choices that resist corruption and build peace.

Reflection: Our words should point to fairness and reconciliation.

"Blessed are those who hunger and thirst for righteousness." (Matthew 5:6)

Action: Practise a calm 'I statement' when something goes wrong (e.g. "I felt hurt when...").

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Day 38

Virtue: *Learned & Wise*

Mission Link: Madagascar Centre Arrupe: learning together through radio/TV and training; wisdom becomes policy and everyday habits.

Reflection: Learn, then live it.

"Do not merely listen to the word... do what it says." (James 1:22)

Action: Pick one eco-habit to keep after Easter (bike/walk more, reduce plastics, shorter showers).

Day 39 (Palm Sunday)

Virtue: *Curious & Active*

Mission Link: Sowing Seeds (South Sudan): women's farming cooperatives strengthen nutrition, income and schooling amid climate stress.

Reflection: Ask how mums and grandmothers lead communities; act to support their work.

"She sets about her work vigorously; her arms are strong for her tasks." (Proverbs 31:17)

Action: Bake bread or a simple cake together and deliver a portion to an elderly neighbour.

Day 40 (Holy Week)

Virtue: *Intentional & Prophetic*

Mission Link: Sudan Crisis Response (Renk, South Sudan): urgent, ongoing need for integrated education and mental health support as displacement continues.

Reflection: Holy Week courage remembers the suffering and chooses solidarity.

"I was a stranger and you invited me in." (Matthew 25:35)

Action: Write your post-Easter family commitment: one habit (eco/justice), one relationship to care for, one way to support Jesuit Missions' work for children and families.