

2025 Lenten Prayer Study

BE STILL AND KNOW THAT I AM GOD

Entering the Catholic Mass

Thank you for joining our Lenten Prayer Study. We hope this Lent helps draw you closer to Jesus. The following provides the steps you can take to make this Lenten Study powerful and effective.

Ways to Complete the Study

At its most fundamental level, this study is a tool for your prayer life. Follow the Prayer Guide for daily scripture, meditations, and reflection questions. The list below suggests other options to supplement the guide.

- Form a small group to discuss your thoughts and prayers
- Read the Appendices
- Attend daily Mass
- Visit church and pray in Jesus' Eucharistic presence
- Attend the **Parish Mission** 3/24-3/27 at 7 pm on this theme.
- Attend the **Penance Service** the evening of Palm Sunday.
- Note: March and April Parish Adorations are no longer on the 2nd Wednesday and have been moved to these dates.

How to Form a Small Group

1. Choose your "group".
 - Spouse/significant other
 - Family members
 - Friends, neighbors, parishioners
 - Men's group, women's group
 - Groups can be any size
 - Group members do not have to be parishioners to participate
 - A digital copy of the study is on the parish website, allowing you to share it with anyone who is "long-distance" or needs a large print edition
2. Contact your group members prior to Lent.
 - Collect the correct amount of books and materials from the Narthex (Materials will be available through Ash Wednesday)
 - Decide if your group will use any of the supplemental materials listed above (video series, etc.)
 - Distribute materials to group members
 - Set your meeting schedule
 - Location of meetings (in person, virtual), number of meetings (dates, times)
3. Attend group meetings.
 - Use the book's appendices for tips.
 - Discuss any of the reflection questions from that week.
 - Give an opportunity for each member to share something that stood out to them in the text and in prayer.

Contact stjoelent@gmail.com with questions or feedback.