

During Lent

Witness your faith!

Charity in Action Lent Journal



Purpose of the Journal

Durante esta cuaresma enriquecida por la gracia jubilar, pidámosle a Dios la gracia del don de la esperanza. Que podamos caminar estos cuarenta días confiados en su misericordia. Llevando nuestra esperanza puesta en nuestras acciones, especialmente nuestros actos de caridad con valentía y gozo.

La caridad constituye la característica principal de la vida cristiana. , la caridad es el signo preeminente de la fe cristiana y su forma específica de credibilidad. En el contexto del Jubileo no se debe olvidar la invitación del apóstol Pedro: "Ante todo, tened entre vosotros intensa caridad, pues la caridad cubre multitud de pecados" (1Pe 4,8). Según el evangelista Juan, el amor hacia el prójimo, que no viene del hombre, sino de Dios, permitirá reconocer en el futuro a los verdaderos discípulos de Cristo.

It is evident, then, that no believer can affirm that he believes if he does not then love, and, vice versa, he cannot say that he loves if he does not believe. The Apostle Paul also reiterates that faith and love constitute the identity of the Christian; love is what generates perfection (cf. Col 3:14), faith is what allows love to be such. Charity, therefore, has its special place in the life of faith; in the light of the Holy Year, moreover, Christian witness must be reiterated as a form that is most expressive of conversion.

No one can think that the pilgrimage and the celebration of the Jubilee indulgence can be relegated to a form of magical rite, without knowing that it is the life of charity that gives them their ultimate meaning and real efficacy.



<https://www.iubilaeum2025.va/en/giubileo-2025/segni-del-giubileo/carita.html>



From St. Faustina's Diary

To transform myself entirely into Your mercy and to be a living reflection of You. May you pass through my heart to my neighbor. Help me, O Lord, that **my eyes** may be merciful, so that I may never be suspicious or judge according to appearances, but may seek the beautiful in the soul of my neighbor and come to his aid. Help me to make **my ears** merciful so that I may take into account the needs of my neighbor and not be indifferent to his sorrows and groans. Help me, O Lord, that **my tongue** may be merciful so that I may never speak negatively of my neighbors but may have a word of comfort and forgiveness for all. Help me, O Lord, that **my hands** may be merciful and full of good works, so that I may know how to do only good to my neighbor and take upon myself the most difficult and painful tasks. Help me to make **my feet** merciful so that I may always hasten to help my neighbor, mastering my own fatigue and my weariness. My true rest is in **the service of my neighbor**.
No. 163

Help me, O Lord, to make my heart merciful so that I may feel all the sufferings of my neighbor. May your mercy, O my Lord, rest within me.



The three levels of mercy.

- First: the works of mercy, of whatever kind it may be.
- Second: the words of mercy; Help with my words.
- Third: Prayer. I can always show it through prayer.

O my Jesus, transform me into You, for You can do everything.

Invitation

I invite you during this Lent to take time each day and reflect on how you can be a Pilgrim of Hope through your actions. Share in Jesus' mercy as you let your heart become his.

Go to Mass and listen carefully to the Gospel. Go to confession beforehand and receive communion with a disciple's attitude. What do you want from me this week, sir?

Consider these four charitable attitudes you can take:

- Do an act of Charity with your face. A smile, turning to see someone who is talking to you or is alone.
- Do an act of charity with your words. It gives a word of encouragement to the one who needs it or perhaps corrects someone who needs to return to God in their actions.
- To do a work of charity. Help someone who is in need around you.
- Do an act of Charity with your prayer. Who needs your prayer? When you tell someone that you are going to pray for him or her, do so, take the time to ask God for that person.

Write it down in your journal. That way, you will be able to see your spiritual and bodily growth.

A Prayer for the Pilgrims of Hope

Grant me, Lord your Holy Spirit, so that I can, like **Mary**, who went to the service of her cousin, I too go to the service of my brothers and sisters in need. The strength of **St. Jose Sanchez del Rio**, not to deny my faith and to bear witness even if it is difficult. The joy of **Blessed Chiara Badano**, so that even when my life is not perfect, I can help others. The firmness of **St. Gemma Galgani**, so that they do not fall into temptation or let the enemy disturb my faith. And the conviction of faith of **St. Carlo Acutis**, may I always recognize you in my brothers. Give me the grace of this Jubilee year to convert my heart to yours this Lent. Amen.



Week I of Lent

“One does not live on bread alone.” Luke 4:1-13

For Meditation

“...she who loves temporal things loses the fruit of love. Such a person cannot serve God and money, for either the one is loved and the other hated, or the one is served and the other despised.”

Sta. Clara de Asis



What works of charity have you done this week? With your face? With your words? With your actions? With your prayer?

What did you learn about yourself this week?

Week II of Lent

“This is my chosen Son; listen to him.” Luke 9:28b-36

For Meditation

“We do not find him [Jesus] when and where we want, but see him in the lives of the poor, in their sufferings and needs.”

Pope Francis



**What works of charity have you done this week? With your face? With your words?
With your actions? With your prayer?**

What did you learn about yourself this week?



Week III of Lent

“But I tell you, if you do not repent, you will all perish as they did!.” Luke 13:1-9



For Meditation

“With justification, faith, hope, and charity are poured into our hearts, and obedience to the divine will is granted us..”

CCC 1991

**What works of charity have you done this week? With your face?
With your words? With your actions? With your prayer?**



What did you learn about yourself this week?

Week IV of Lent

"Your brother was dead and has come to life again; he was lost and has been found." Luke 15:1-3, 11-32

For Meditation

“The Heart of Jesus is very pleased with the services of the little and humble in heart”

St. Thérèse of Lisieux



**What works of charity have you done this week? With your face?
With your words? With your actions? With your prayer?**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

What did you learn about yourself this week?

Week V of Lent

“Let the one among you who is without sin be the first to throw a stone at her.” John 8:1-11

For Meditation

“Do everything through love and for love, making good use of the present moment, and do not be anxious about the future”

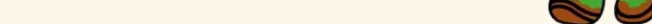
St. Margaret Mary Alacoque



**What works of charity have you done this week? With your face?
With your words? With your actions? With your prayer?**

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What did you learn about yourself this week?



Palm Sunday

"I am among you as the one who serves."

Luke 22:14–23:56



For Meditation

“Love must show itself in deeds more than words.”

St. Ignatius of Loyola

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With your words? With your actions? With your prayer?**

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What did you learn about yourself this week?

Holy Week



Lent ends with Holy Week.
What did you learn about
yourself this Lent? During this
Holy Days I invite you to live
them being fully present and
an open heart.

Would you like to
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