

Lenten Resources for the Parish

Ascension Press: Make a Plan for Lent 2025

If you fail to plan, you plan to fail.

As we cooperate with God's constant pursuit of our hearts, it becomes necessary to have daily rhythms for inviting Him in, especially during Lent.

You can make this a more prayerful and meaningful Lent than you've ever had before!

[*The Ascension Lenten Companion*](#) has it all: Scripture, sacred artwork, prayer prompts, daily guided meditations with award-winning author Fr. Mark Toups, weekly videos, and more!

[Order your copy of *The Ascension Lenten Companion: Walking with Mary to Jerusalem now!*](#)

Bulk pricing available: order 80 books and price is reduced to \$2.50 per booklet.

Bishop Barron: Word on Fire

Bishop Barron's [*Lenten Gospel Reflections*](#) are back for 2025—and affordable for all!

Save up to 75% when you [order your books](#) this week.

Don't wait! [Order now](#) to ensure delivery in time for Ash Wednesday.

Take your prayer life to the next level, immerse yourself in the daily Gospel readings, and meditate on reflections by Bishop Barron: wof.org/lent2025.

Fr. Mike Schmitz

The Ultimate Guide to Lent from Fr. Mike Schmitz

Email your parish a short video each week of Lent that explains key elements of this important Season of the Gift of God's grace. media.ascensionpress.com/2023/02/20/the-ultimate-guide-to-lent-from-fr-mike-schmitz

The Rosary in a Year (with Fr. Mark-Mary Ames)

In Ascension's Rosary in a Year podcast, Fr. Mark-Mary Ames, CFR, guides listeners in a step-by-step journey that will change the way you pray – no matter where you are in your spiritual life.

By starting small and adding on over time, listeners will find themselves falling more in love with this powerful Marian devotion, becoming a source of grace for the whole world.

A great time to start is Ash Wednesday. Click the link for the episodes:

ascensionpress.com/pages/the-rosary-in-a-year-podcast

United States Conference of Catholic Bishops (USCCB)

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's

Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by [giving alms](#); and we practice self-control through [fasting](#). We are called not only to

abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ. The daily Scripture Readings for Mass are found here: bible.usccb.org/readings/calendar

Experience Divine Mercy Like Never Before

Dynamic Catholic with Matthew Kelly dynamiccatholic.com/lent

Best Lent Ever - Your Spiritual Pilgrimage to Divine Mercy: Sign up to receive one free video each day.

The Essential Companion for BEST LENT EVER: *33 Days to Divine Mercy* by Matthew Kelly is an unprecedented spiritual resource. It will guide you through a life-changing journey to discover the very heart of God and His extraordinary plan for your life.

The Divine Encounter: Meeting Jesus in Eucharistic Adoration

Even little pockets of time each week set aside to adore the Lord will radically change your life. With busy schedules, carving out time for Adoration can seem daunting, but this latest book from Mark Hart will help you spiritually exhale and give you tools to make the most out of your time with Jesus. Before you know it, Adoration will go from something to help you get through the week to something you yearn for. So, get your copy today and take The Divine Encounter with you when you meet the Lord and accept His invitation for a deeper relationship. This beautiful book includes Gospel passages, reflection questions, prayers, and songs for Benediction that will make you fully available to God in Adoration and throughout your life!

You will discover:

- What is Eucharistic adoration, and why it is so important
- How God desires to be close to you
- How to make yourself fully available to God
- How to deal with distractions in Adoration
- What to do when you feel too messy for God
- Twelve Gospel passages to help you encounter Jesus in Adoration
- Questions to ponder, journal, or discuss with a friend
- Prayers and songs to pray during Benediction

Available for **\$2.50** per book plus s/h from the Office for Catechesis and Evangelization. Regular price is \$10. Contact Beth at bjohnson@diolc.org or call 608-791-2658.