Lenten Prayer

Lord Jesus,
You call us to a conversion of heart during Lent,
and you give us the tools to do this through prayer,
fasting and almsgiving.

When we pray, help us remember the needs of our sisters
and brothers. When we fast, help us offer our sacrifice
in union with you.

When we give, help us recognize our gifts are from you
so that we are generous with others.

AMEN

My Lenten Pledge

Name_____________________________________

For Lent, I will _____________________________

And donate $ _____________________________

Turn in your gifts at the end of Lent,
or donate online at: crsricebowl.org/donate

Make a Lenten Plan

PRAY
Set aside a time each week
to pray and reflect.

FAST
Consider what you will
give up for Lent to change
the lives of others.

GIVE
Set a goal for your
CRS Rice Bowl offering.

LEARN
Meet your global family.
Discover stories, reflections and
more at crsricebowl.org.