Lenten Prayer

Our Father,
As we begin Lent, let our hearts be filled with your Spirit so that we may grow deeper in your love.
May our prayer lead us to a sincere desire to be close to you.
May fasting help us rely on you and transform us into better people.
May our almsgiving be a chance to serve our one human family around the world.

AMEN

Make a Lenten Plan

GIVE

LEARN

FAST

PRAY

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

Set a goal for your CRS Rice Bowl offering.

GIVE

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.

LEARN

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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
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What you give up for Lent changes lives!

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