



The great lent or the fifty day's lent is observed as a preparation for our Lord's death on the cross and His resurrection. The great lent is a time for prayers, fasting, repentance and reconciliation with God. It is also a time to be thankful for all the blessings the Lord has showered on us. And it is a time to reach out and help the poor and the needy.

Fasting and Prayer are an integral part of the great lent. The Lord taught us "Except by prayer and fasting, it is not possible to gain victory over Satan - St. Mathew 17:21". When we pray with concentration, our tongue and mind participate in prayer. Through fasting, our body also participates in prayer. Lent is a time to submit ourselves to God with humility, repentance and self discipline.

Along with fasting and prayer, there should also be acts of love and compassion. We must give the poor what we have saved through fasting. God's grace spreads more in us when we share our fortunes with the less fortunate. The change that occurs in our life is what gives meaning to the great lent.

During this great lent, the Sunday School at the St. Thomas Cathedral is organizing a special Lenten Project for the students, teachers, and parents to make the Lenten season a blessed one. This project will start on Monday, March 3. All the participants are encouraged to do all the things listed in the Lenten Project Package till Easter Sunday on April 20. These activities include prayers, Bible readings, saving money etc. We will reach out to those in need during this Lenten Season by setting aside a portion of pocket money and saving it in the 'My Lenten Gift' envelope. All participants are requested to bring their saved amounts to Sunday School on Sunday, April 27. Our donations will be added together and will be divided and donated to the St. Gregorios Daya Bhavan for children of AIDS patients in India, SOS Childrens's Village Mission in the U.S. and St. Thomas Sunday School Building Fund.

In this manner, we will learn together to set share our blessings with people in need and suffering. As Jesus Christ reminds us 'whatever you do for one of the least of your brothers and sisters of mine, you do for Him.' (St. Matthew 25:40). Let us together make this Lenten season a special blessing for us and those around us.

## Prayers

### Evening Prayer

In the + Name of the Father and of the Son, and of the Holy Spirit, one true God:

Glory be to Him and may His Grace and mercy be upon us for ever. Amen.  
Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and the earth are filled; Hosanna in the highest.

Blessed is He, who has come, and is to come, in the name of the Lord; Glory be to Him in the highest.

### Trisagion

Holy art Thou, O God!  
Holy art Thou, Almighty  
Holy art Thou, Immortal,  
+ Crucified for us, Have mercy on us. (Repeat thrice)

Lord, have mercy upon us,  
Lord, be kind and have mercy,  
Lord, accept Thou our offices, and our entreaties; Have mercy on us.

Glory be to Thee, O God!  
Glory be to Thee, O Creator,  
Glory be to Thee, O King, Christ, who dost pity sinners, Thy servants.  
+ Barekmoor.

### Lord's Prayer

Our Father, who art in Heaven, hallowed be Thy Name, Thy Kingdom come; Thy will be done on earth, as it is in heaven. Give us this day our daily bread: and forgive us our trespasses and sins, as we forgive those who trespass against us. Lead us not into temptation; but deliver us from the evil one. For Thine is the Kingdom, the power, and the glory, for ever and ever. Amen.

### Hail Mary

Hail, Mary, full of Grace, Our Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, our Lord Jesus Christ. O Virgin Saint Mary, O Mother of God, pray for us sinners, now and at all times, and at the hour of our death. Amen.

### Lent Prayer

Lord, comfort our departed ones and make them worthy to stand at thy right side along with the blessed martyrs that loved you and the saints that pleased you through their deeds. Lord, the Holy church cries out loud and sorrowfully pleads for its faithful ones. Lord, may those who have been baptized in you, be absolved and saved from the burning fire. Amen

### © Thou, Full of mercy

O Thou, full of mercy, renew Thy creation at the resurrection. O Lord, comfort and absolve our departed ones, who died with hope in Thee, and await Thy coming. O Lord, make them dwell in the bosom of Abraham, and of Isaac and of Jacob. May the living and the departed together cry out, 'Blessed is He, who has come, and is to come, and give life to the dead'. Amen.

### Lent Prayer

Oh Lord, may our lent and prayers become a pure incense and be acceptable in your presence. The holy lent is a symbol of victory and an undefeatable weapon against the cruel enemy, Satan. Lord, may our prayers be melodious to you. May our humble requests be acceptable in front of your greatness. Oh Lord, come to our help and bless our souls as we look and call unto you. .O God, who accepts the lent of the righteous and the saints, kindly accept our lent and bless us. Amen.

### Psalms 4

Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer. How long, O men, will you turn my glory into shame. How long will you love delusions and seek false gods. Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him. In your anger do not sin; when you are on your beds, search your hearts and be silent. Offer right sacrifices and trust in the LORD. Many are asking, "Who can show us any good?" Let the light of your face shine upon us, O LORD. You have filled my heart with greater joy than when their grain and new wine abound. I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety. Amen

### Pray

- \* Psalm 91...
- \* Psalm 121...
- \* Nicene Creed....

## Reaching out....

The great lent is a time to reach out to the poor and the needy. The first step is to become aware of the need and the initiatives that are being done to help the poor. The next step is to get involved in the fight against hunger and poverty.

### The need... the poor...

God created the world with plenty of natural resources, but the gap between the haves and have-nots is increasing day- by-day. Inequality in this world is created by humans. Hunger and poverty are two of the major problems faced by the humanity in this modern era. Even in US, the most prosperous country in the world, millions of people, including children are going to bed without having enough to satisfy their hunger. The problem is much worse in developing countries including India, from where we claim our roots.

Here are some facts:-

- ◆ Half the world, nearly three billion people, lives on less than two dollars a day (National coalition for Homeless 1997)
- ◆ There are 925 million undernourished people in the world today, which means one in seven people do not get enough food to be healthy.
- ◆ According to the official data in 2009, about 14.3% or about 43.6 million Americans live below the poverty line
- ◆ Out of those 44 million, about 4 million live in Texas and half million in Houston area
- ◆ 47% of the half million in Houston are children
- ◆ In India, 1/3<sup>rd</sup> of the population (350 million people) lives under poverty
- ◆ Less than half of India's children between the age 6 and 14 get a chance to go to school.
- ◆ 74% of India's children below the age of 3 months are anemic
- ◆ One in every ten children is disabled in India.
- ◆ 95 in every 1000 children born in India do not see their fifth birthday
- ◆ 70 in every 1000 children born in India do not see their first birthday
- ◆ One in every 100 children in India between age group of 0-14 years suffers from acute respiratory infection
- ◆ Almost one in every five children in India below the age of 14 suffers from diarrhea.
- ◆ 30-40% of the India's population, which is largely economically deprived, spends over 70% of their total expenditure on food.
- ◆ While one in every five adolescent boys is malnourished, one in every two girls in India is undernourished
- ◆ 23% of India's children are underweight at birth

## The Indian Orthodox Church Charity

There are many organizations and individuals working to eliminate the disparities in this world by bringing together like minded people. The United Nations World Food Program (WFP), the Christian humanitarian organization named World Vision, and SOS Children's Villages are few of the organizations working worldwide in this regard.

The Indian Orthodox church has also been in the forefront in helping and reaching out to the under privileged and the poor sections of the society and has always been the source of compassion and comfort. The church operates numerous charitable organizations; orphanages, old-age homes, homes for the mentally challenged, hospitals, schools for the poor to mention a few. Each orphanage is unique in the challenges it faces. The focus of these charities have ranged from addressing the most challenging diseases such as leprosy, AIDS, cancer, disability, blindness to the fight against hunger and development of tribal and poor sections of the society.

### Our responsibility

Jesus has given us all the happiness in the world. We, the children are blessed to have very good parents who care for us, good food, shelter, schools and so many things. While we enjoy the luxuries of life, we have a responsibility towards the poor and the needy: A responsibility to pray for the orphans and poor children every day.

Feel free to create your own prayer. Here are some guidelines to help you pray for an orphanage.

We can pray

- ◆ that the children get food everyday
- ◆ that the children get good care
- ◆ that they can concentrate on their studies
- ◆ that they are protected from all illness
- ◆ that they are happy always
- ◆ that God may shower all His blessings on them
- ◆ for the people who take care of the children

In addition to praying for the children, you can do more things to help them.

- ◆ Knowing that there are millions that do not have food, would you make sure you do not waste any food.
- ◆ Would you share something from your pocket money and save it in the 'my Lenten gift' cover to feed the orphans.
- ◆ On your birthdays, would you mind inviting them to your party? Though not physically, would you feed them along with all your other friends.
- ◆ When you go to India, would you mind taking the time to visit them and cheer them?
- ◆ Learn more about these initiatives and spread the word of charity to your friends.

## How to use this guide

This Guide was designed to guide the Sunday school children spiritually through the Great Lent. After you do each activity, please mark the box corresponding to the activity for that day.

Pray the special lent prayers.

My Lenten Gift: Save something (a penny, a quarter...) from your pocket money in an envelope labeled 'My Lenten Gift'. The amount is not important. We will feed the orphans at the end of the lent.

Satan keeps tempting us to break our lent. We must stay away from temptation and give up the thing we choose to give up for 50 days.

Do something good to someone everyday. (Some favor)

Have a blessed great lent.

Acknowledgment:- This guide has been adapted from the one created originally by St. Gregorios Orthodox Church, Austin, TX.

## Day 1 of the Great Lent- March 3, 2014

The Great lent begins with the service of reconciliation (Shubukono). At the end of the service, every person gives kiss of peace to one another. For our lent to become fruitful, we should forgive others and reconcile with them.

**Bible Reading:** [St. Mathew 18: 18-35](#)

### Charity/organization to pray for:

#### Mar Gregorios Balagram, Yacharam, India

This Charity cares for the male children of leprosy patients and currently it is the home for 110 children. It also operates a free eye hospital for the poor.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 2 of the Great Lent- March 4, 2014

Today Jesus teaches about giving to Charity: When you give alms (charity), do not do it to be praised, do it in secret and your father who sees in secret will reward you.

**Bible Reading:** [St. Mathew 6: 1-6](#)

### Charity/organization to pray for:

#### Mar Gregorios Balabhavan, Coimbatore, T.N, India

This Charity is the home for the poor and the orphan children.

#### St. Thomas Sunday School Building Project, Stafford

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



### Day 3 of the Great Lent- March 5, 2014

Today Jesus reminds us: Do not worry, Our heavenly father knows what we need more than we know. Do not worry about tomorrow, for tomorrow will bring worries of its own.

**Bible Reading:** [St. Mathew 6: 25-34](#)

#### Charity/organization to pray for:

**Mar Gregorios Blind Rehabilitation Center, TVM, Kerala**  
This Charity focuses on the rehab of blind children of poor families.  
**St. Thomas MGOCSM, Stafford**

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



### Day 5 of the Great Lent- March 7, 2014

If the right eye causes you to sin, tear it out. Its better for you to loose one eye than for your whole body to be thrown into hell.

**Bible Reading:** [St. Mathew 5: 27-37](#)

#### Charity/organization to pray for:

**World Vision**  
Christian organization dedicated to working with children, families and their communities worldwide to tackle the causes of poverty and injustice.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



### Day 4 of the Great Lent- March 6 2014

Jesus teaches us that every good tree bears good fruits and every bad tree bears bad fruits. You will be recognized by your fruits.

**Bible Reading:** [St. Mathew 7: 13-27](#)

#### Charity/organization to pray for:

**United Nations World Food Program**  
United Nations is the frontline agency in the fight against global hunger.  
**St. Thomas Sunday School Building Project, Stafford**

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



### Day 6 of the Great Lent- March 8 2014

Jesus heals a Nobleman's son.

**Bible Reading:** [St. John 4: 46-54](#)

#### Charity/organization to pray for:

**St. Thomas Balabhavan, Attapadi, Kerala, India**  
This charity takes care of poor and orphan tribal children and operates in Atapadi tribal belt. It provides medical care for the tribal people.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 7 of the Great Lent- March 9, 2014

Jesus Cleanses a Leper. This Sunday is designated as Leper's Sunday. A leper fell on his face and begged, "Lord, if you will, you can make me clean." And Jesus touched him, saying, "I will; be clean."

**Bible Reading:** [St. Luke 5: 12-16, 4: 40-41](#)

### Charity/organization to pray for:

**St. George Balikagram, Pune, India**

This charity cares for the poor girls of leprosy patients.

**St. Thomas Balika Bala Samajam, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 9 of the Great Lent- March 11, 2014

Jesus reminds us that the measure you will give, will be the measure you get, and still more will be added to you.

**Bible Reading:** [St. Mark 4: 21-34](#)

### Charity/organization to pray for:

**Houston Food Bank**

The largest source of food for hunger relief charities in 18 southeast Texas counties.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 8 of the Great Lent- March 10, 2014

Jesus teaches us to Love our enemies. Do good to those who hate your, bless those who curse you, pray for those who abuse you.

**Bible Reading:** [St. Luke 6: 27-36](#)

### Charity/organization to pray for:

**St. Mary's Balikamandiram, Alwaye, Kerala, India**

This charity is the home for poor and orphan girl children.

**St. Thomas Sunday School Building Project, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 10 of the Great Lent- March 12, 2014

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

### Charity/organization to pray for:

**Star of HOPE**

This Christ-centered community is dedicated to meeting the needs of homeless men, women and their children.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money



## Day 11 of the Great Lent- March 13, 2014

Jesus teaches us about forgiveness. Jesus reminds us that its not seven times, but seventy times seven.

**Bible Reading:** [St. Mathew 18: 18-22](#)

### Charity/organization to pray for:

**Holy Trinity Disabled Children's Home, TVM, Kerala**

This Charity cares for poor children who are disabled.

**St. Thomas MMVS, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 13 of the Great Lent- March 15, 2014

Jesus Heals a Man with an Unclean Spirit.

**Bible Reading:** [St. Mark 1: 21-31](#)

### Charity/organization to pray for:

**Boys & Girls Country of Houston**

Provides a warm, loving, family-like Christian atmosphere where children have the opportunity to grow up safe and secure.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 12 of the Great Lent- March 14, 2014

Jesus teaches us about Retaliation. If anyone slaps you on the right cheek, turn to him the other also.

**Bible Reading:** [St. Mathew 7: 13-27](#)

### Charity/organization to pray for:

**Mar Baselius Children's Home, Palakkad, Kerala**

This Charity cares for the poor and the Orphans.

**St. Thomas Sunday School Building Project, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 14 of the Great Lent- March 16, 2014

Jesus cures the paralytic. This Sunday is designated as the Palsy Sunday. When Jesus saw their faith, he said to the paralytic, "My Son, your sins are forgiven."

**Bible Reading:** [St. Mark 2: 1-12](#)

### Charity/organization to pray for:

**Hanna Bhavan, Pulikuttissery, Kottayam, Kerala**

Charitable institution founded by the Sisters of Bethany Convent to care for the aged and destitute women.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 15 of the Great Lent- March 17, 2014

Jesus reminds us that He has come to call not the righteous but us, the sinners.

**Bible Reading:** [St. Mark 2: 13-22](#)

### Charity/organization to pray for:

**Pulikkottil Mar Divannasios Bhavan, Kottappady, Kerala**

This Charity cares for the poor and the needy.

**St. Thomas Sunday School Building Project, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 17 of the Great Lent- March 19, 2014

Jesus teaches us to give to the needy; strive for treasures in the heavens. "For where your treasure is, there will your heart be also".

**Bible Reading:** [St. Luke 12: 32-40](#)

### Charity/organization to pray for:

**Bethel Sneha Bhavan, Tirunelvely, T. N.**

This charity is the home for poor orphan girls.

**St. Thomas Seniors Group**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 16 of the Great Lent- March 18, 2014

Jesus reminds us that we should be like the seed sown in good soil; by hearing the word, accepting it and bearing fruit, 30, 60, and a 100 fold.

**Bible Reading:** [St. Mark 4: 1-20](#)

### Charity/organization to pray for:

**Asha Bhavan, Thiruvalla, Kerala**

This Charity cares for the mentally challenged girls. Currently it is the home of 40 girls.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 18 of the Great Lent- March 20, 2014

Jesus defines the secret to be the Greatest. If anyone would like to be first, he must be last of all and servant of all."

**Bible Reading:** [St. Mark 9: 30-42](#)

### Charity/organization to pray for:

**Prerana School for mentally challenged, Nagpur**

This charity operates a school for the Mentally Challenged children, provides counseling to the parents and provides free tuition for the poor villagers.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 19 of the Great Lent- March 21, 2014

Jesus invites the Children to come to him. "Let the children come to me, and do not hinder them, for to such belongs the kingdom of God"

**Bible Reading:** [St. Luke 18: 9-17](#)

### Charity/organization to pray for:

**M.G. Bethel Karuna Center, Thathankulam P.O., T.N.**

This Charity cares for the poor and the orphans.

**St. Thomas Sunday School Building Project, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 21 of the Great Lent- March 23, 2014

Jesus heals the Canaanite Woman's daughter due to her faith. "O woman, great is your faith! Be it done for you as you desire."

**Bible Reading:** [St. Matthew 15: 21-28](#)

### Charity/organization to pray for:

**Vattasseril Mar Dionysius Home, Muvattupuzha, Kerala**

This charity cares of the poor and the needy.

**St. Thomas Cathedral Committee Members**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 20 of the Great Lent- March 22, 2014

Jesus feeds the Four Thousand.

**Bible Reading:** [St. Mark 8: 1-10](#)

### Charity/organization to pray for:

**St. Thomas Balabhavan, Neyyattinkara, Kerala**

This Charity cares for the poor and the orphan children.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 22 of the Great Lent- March 24, 2014

Jesus acknowledges the value of the Widow's Offering: Jesus said that the poor widow has put in more than all others as the widow out of her poverty has put in everything she had, all she had to live on."

**Bible Reading:** [St. Mark 12: 35-44](#)

### Charity/organization to pray for:

**SOS Children's Village**

An Organization working to provide a family for every child.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 23 of the Great Lent- March 25, 2014

Jesus calls the heavy laden. Come to me, all who labor and are heavy laden, and I will give you rest.

**Bible Reading:** [St. Matthew 11: 25-30, 12: 1-8](#)

### Charity/organization to pray for:

#### Mar Baselius Paulose I Memorial Prasanthi Bhavan, Kerala

This Charity operates a terminal care center & cares for the poor and severely sick.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 25 of the Great Lent- March 27, 2014

On the 25th day of the lent, a cross is raised at the center of the Church. This signifies that the Lord's death on the cross is near and the Church is preparing for it. As the cross is considered as the sign of the presence of the Lord, it is decorated with red cloth.

**Bible Reading:** [St. Matthew 19: 16-26](#)

### Charity/organization to pray for:

#### BMM II Sneha Bhavan, Kottarakkara, Kerala

This charity cares of the poor and the orphans.  
**St. Thomas Sunday School Building Project, Stafford**

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 24 of the Great Lent- March 26, 2014

The Love of God. For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

**Bible Reading:** [St. John 3: 13-21](#)

### Charity/organization to pray for:

#### St. Gregorios Daya Bhavan, Tumkur, Karnataka

This Charity cares for the children of AIDS patients. Currently it is the home for 15 children. It also operates a palliative care center for AIDS patients.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 26 of the Great Lent- March 28, 2014

Jesus teaches us of our duty of caring for others, of forgiveness, of exercising faith & of doing more than our duty.

**Bible Reading:** [St. Luke 17: 1-10](#)

### Charity/organization to pray for:

#### St. Macreena Santhi Bhavan, Kottarakkara, Kerala

This charity cares for the poor and the needy.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 27 of the Great Lent- March 29, 2014

Jesus feeds the Five Thousand. Jesus tells us: You give them something to eat. It's our duty to feed the poor.

**Bible Reading:** [St. Luke 9: 10-17](#)

### Charity/organization to pray for:

**St. Paul's Balagram, Itarsi, M. P.**

This Charity cares for the boys of poor leprosy patients, and currently is the home for 40 boys.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 29 of the Great Lent- March 31, 2014

Jesus Heals a Man with an Unclean Demon

**Bible Reading:** [St. Luke 4: 31-41](#)

### Charity/organization to pray for:

**Mar Baselius Santhi Bhavan, Kottarakkara, Kerala**

This charity cares of the poor and the needy.

**St. Thomas Sunday School Building Project, Stafford**

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 28 of the Great Lent- March 30, 2014

Jesus heals the crippled woman on Sabbath. Jesus said: Woman, you are freed from your disability. Jesus reminds us that no reason should prevent us from doing good.

**Bible Reading:** [St. Luke 13: 10-17](#)

### Charity/organization to pray for:

**Mar Athanasius Memorial Prathyasa Bhavan, Kuzhimattom, Keala**

This Charity cares for the old and the poor.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 30 of the Great Lent- April 1, 2014

Jesus heals a demon possessed man.

**Bible Reading:** [St. Mark 5:1-20](#)

### Charity/organization to pray for:

**Karunya Nilayam, Kottayam, Kerala**

This charity aims at providing medicine, food and accommodation to poor cancer patients.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 31 of the Great Lent- April 2, 2014

The five loaves and two fish brought in the presence of Jesus becomes the food for thousands. This reminds us that our limited resources when surrendered in front of Jesus will grow abundantly.

**Bible Reading:** [St. Matthew 14: 14-23](#)

### Charity/organization to pray for:

**Hanna Bhavan, Koratty, Kerala**

This Charity cares for the old and the poor.

**St. Thomas Sunday School, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 33 of the Great Lent- April 4, 2014

Jesus heals two blind men based on their faith. According to your faith be it done to you. Jesus reminds us that Faith can heal us. "Take heart, daughter; your faith has made you well."

**Bible Reading:** [St. Matthew 9: 18-31](#)

### Charity/organization to pray for:

**Basalel Girls' Home, Sooranad, Kerala**

This Charity cares for the poor and the orphan girls.

**St. Thomas Sunday School Building Project, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 32 of the Great Lent- April 3, 2014

Jesus heals the sick in Gennesaret

**Bible Reading:** [St. Mark 6: 47-56](#)

### Charity/organization to pray for:

**BMM II Balabhavan, Kottarakkara, Kerala**

This Charity cares for the poor and the orphan boys.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 34 of the Great Lent- April 5, 2014

Jesus heals a man with a Withered Hand. Jesus reminds us again that the rules must not prevent us from doing good.

**Bible Reading:** [St. Luke 6: 1-11](#)

### Charity/organization to pray for:

**Bethanya Bhavan, Tiruvalla, Kerala**

This Charity cares for the poor and the needy.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 35 of the Great Lent- April 6, 2014

Jesus heals a Man Born Blind.

**Bible Reading:** [St. John 9: 1-41](#)

### Charity/organization to pray for:

**Karunya Visranthi Bhavan, Trivandrum, Kerala**

This Charity provides shelter, food and medicines to poor patients and their aids who come to Trivandrum for treatment.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 37 of the Great Lent- April 8, 2014

The life of Zacchaeus changes when Jesus entered his life and gives half of his wealth to the poor. Jesus reminds us that the Son of Man came to seek and to save the lost.

**Bible Reading:** [St. Mark 10: 32-45](#)

### Charity/organization to pray for:

**Pratheeksha Bhavan, Koothattukulam, Kerala**

This Charity cares for women who are poor and disabled.

**St. Thomas Sunday School Building Project, Stafford**

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 36 of the Great Lent- April 7, 2014

Jesus told Zacchaeus: "Hurry & come down, for today I must stay at your house".

**Bible Reading:** [St. Luke 18: 31-34, 19: 1-10](#)

### Charity/organization to pray for:

**St. Mary's Eventide Home, Adoor, Kerala**

This Charity cares for old and poor women.

**St. Thomas FOCUS, Stafford**

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 38 of the Great Lent- April 9, 2014

The disciples were scared when the storm came and doubted if they would perish. Jesus calms the storm and asked them, "Do you not have the faith?"

**Bible Reading:** [St. Mark 4: 35-41](#)

### Charity/organization to pray for:

**NAMS Snehasadm, Bangalore, Karnataka**

This Charity is a home for orphans and children of poor families.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 39 of the Great Lent- April 10, 2014

Jesus Foretells His Death a Third Time.

**Bible Reading:** [St. Matthew 20: 17-19](#)

### Charity/organization to pray for:

**M.G.D. Asram Balabhavan, Karukachal, Kerala**

This balabhavan is the home for 25 boys from economically poor families.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 41 of the Great Lent- April 12, 2014

Jesus Raises Lazarus.

**Bible Reading:** [St. John 11: 28-46](#)

### Charity/organization to pray for:

**Mar Gregorios Asram, Kandanad, Kerala**

This charity cares for the poor and the needy.

**St. Thomas Sunday School Building Project, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Day 40 of the Great Lent- April 11, 2014

Jesus fasted for forty days and forty nights. 40th Friday signifies this day. On the 40th day, Jesus was hungry and was tempted by the devil and the devil was defeated.

**Bible Reading:** [St. Matthew 4: 1-11](#)

### Charity/organization to pray for:

**Cheppad Mar Dionysius Foundation, Cheppad, Kerala**

This Charity cares for the poor and the needy.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Hosanna/Palm Sunday - April 13, 2014

Palm Sunday marks Jesus' triumphal entry into Jerusalem where the crowds laid palms at His feet & cried "Hosannah", the acclamation of Jesus as the Son of David and the King of Israel.

**Bible Reading:** [St. John 12: 12-19](#)

### Charity/organization to pray for:

**St. Thomas Children's Home, Bhilai, M.P.**

This charity cares for the poor and the orphan boys.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Passion Week — Day 1 - April 14, 2014

Passion Week follows the story of the passion of our Lord honoring the events of the last week of our Savior's crucifixion.

**Bible Reading:** [St. Matthew 23: 13-39](#)

### Charity/organization to pray for:

**St. Mary's Boys Home, Mulanthuruthy, Kerala**

This Charity cares for the poor and the orphan boys.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Passion Week — Day 3 - April 16, 2014

Blessed is he who comes in the name of the Lord.

**Bible Reading:** [St. Luke 13: 31-35](#)

### Charity/organization to pray for:

**Mar Baselius Children's Home, Vadavucode, Kerala**

This charity cares for the poor and the orphans.

**St. Thomas Sunday School Building Project, Stafford**

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Passion Week — Day 2 - April 15, 2014

Jesus teaches us: The truth will set you free.

**Bible Reading:** [St. John 8: 28-59](#)

### Charity/organization to pray for:

**St. Thomas Balabhavan, Haripad, Kerala**

This charity provides free education & shelter for poor children.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## Pesaha/Maundy Thursday - April 17, 2014

Holy Thursday commemorates the Last Supper & every member of the Church is supposed to receive Holy Communion. Bishops conduct feet washing ceremony.

**Bible Reading:** [St. Luke 22: 14-30](#)

### Charity/organization to pray for:

**Mount Tabor Convent Balika Bhavan, Thiruvalla, Kerala**

This charity cares for the poor and the orphan girls.

### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## GOOD FRIDAY - April 18, 2014

Good Friday is the day that Christ was crucified and died on the cross for our sins. We have service throughout the day from morning till evening.

**Bible Reading:** [St. John 19: 31-42](#)

### Charity/organization to pray for:

#### Feed 1 Lakh Poor a Year Project, Malabar

This project aims at feeding the poor in the financially backward areas of Malabar.

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



## EASTER SUNDAY - April 20, 2014

The Lord has risen! Easter celebrates the resurrection of Jesus Christ from the dead. It commemorates the event which is the keystone of Christian faith and hope and promises of eternal life. This is our Feast of Feasts and it is the most important holy day of our Church.

**Bible Reading:** [St. Matthew 28: 1-20](#)



**Charity/organization to pray for:** Every Orphan, every poor child around the world in search of God's grace.

## Gospel Saturday - April 19, 2014

On this day, we remember all the faithful departed and this is the day of announcing the gospel to the departed.

**Bible Reading:** [St. Matthew 27: 62-66](#)

### Charity/organization to pray for:

#### All Charitable Organizations in the World

#### St. Thomas Sunday School Building Project, Stafford

#### Today:-

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the charity organization
- I have done good to some one
- I have saved my lent gift to feed the poor from my pocket money
- I have stayed away from temptation by not doing what I gave up



### How Well did I do this lent?

(Write the number of times you did each of these activities during this lent. For ex. If you read the Bible for 10 days during this lent, write 10 against the activity.)

I have prayed the lent prayer

I have read the Bible

I have prayed for the charity organization

I have done good to some one

I have saved my lent gift to feed the poor from my pocket money

I have stayed away from temptation by not doing what I gave up