
Lenten Guide

WHO?

Catholics ages 18-59 **FAST** and **ABSTAIN** during Lent

Catholics ages 14 and up **ABSTAIN** during Lent

Factors such as poor health and pregnancy may relieve the obligation

WHEN?

Lent begins with Ash Wednesday, March 18, 2026

Lent ends on Holy Thursday, April 2, 2026

WHAT?

Individual and Communal Practices of Piety

Greater Spirit of Almsgiving

Additional Acts of Charity

Fasting and Abstinence and Confession are obligatory

Ash Wednesday and Good Friday are days of fasting and abstinence

All the Fridays in between are days of abstinence

How?

FASTING: One regular meal, plus two smaller meals

The two smaller meals cannot together equal one regular meal

ABSTINENCE: "Refraining oneself from indulging in something"

We refrain from eating meat

Resurrection Catholic Parish
300 1st Avenue, Clanton, Alabama, 35045
A Parish in the Diocese of Birmingham

WHY?

How can we “Love Thy Neighbor” if we don’t feel like it? How can we forgive if we can’t let go? How can we “move forward” if we are chained to the past?

Our practice of giving something up during Lent is a way of getting used to saying “No” to the impulses and temptations we come across daily. Practicing that discipline not only helps us gain more control over our lives, but more importantly, and to the point, we become more able to “Love Thy Neighbor”; we become strong enough to forgive; and we are made more free to live our lives free of anything that would keep us from Christ.

They say it takes 6 weeks to integrate a virtue or break a habit. That’s about how long Lent is. (Experience the genius of our faith)

SUGGESTED PRACTICES

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| Go to Eucharistic Adoration | Attend Weekday Mass |
| Go to Confession | Read the Bible Daily |
| Pray prayers of Thanksgiving | Pray the Rosary Daily |
| Start a Prayer Journal | Pray the Divine Mercy Chaplet |
| Pray prayers of Intercessions daily | Pray the Stations of the Cross |
| Read the Catechism daily | Donate to church or a charity |
| Read a book by a saint | Volunteer somewhere |
| Meditate slowly on Psalm 22 | Do a regularly Holy Hour |

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| Say a nice thing to somebody different every day |
| Make a Mini-Pilgrimage to Hanceville or Cullman |
| Practice the Works of Mercy found in Matthew 25:31-46 |
| Learn a new prayer to memorize and recite every day |
| Write your own prayer to memorize and recite every day |