



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's a time to be thankful for all the blessings the Lord has showered on us. The lent is a time to reach out and help the poor and the needy. We must pray for all our friends who are less fortunate, for the orphanages, for the old age homes and all other charitable institutions that help protect them.

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. Days of fast are the time to repent about our sins and to plead God for forgiveness. As a part of repentance, we kneel down and touch our forehead to the ground, during the prayer of the lent. Lent is a time to submit ourselves with humility, repentance and self discipline.

We are encouraged to fast on Fridays and Wednesdays. We fast on Friday, as the Lord was crucified on Friday. We fast on Wednesday as it was on Wednesday that the Lord told His disciples regarding His suffering for the first time.

During lent we take special care to protect our mind from the temptations of the evil one. Fasting helps us grow spiritually, by controlling emotions and desires.

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 Lord refuses the fasting which is for the exhibition of piety or praises. "And when you fast, don't make it obvious, as the hypocrites do, who try to look pale and disfigured so people will admire them for their fasting. I assure you, that is the only reward they will ever get - St. Mathew 6:16".

The change that occurs in our life is what gives meaning to the Great lent. We, as children, must come to the church early, obtain

absolution of sins and receive Holy Communion on all Sundays of the lent. We must pray everyday, be kind to one another and live the life that Jesus has thought 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.
+ Barekmor.

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 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...

In India, which is the 12th largest economy, 1/3rd of the population lives under poverty. This number amounts to 400 million people. Poverty is defined as the inability to get two meals a day. Hunger and poverty are much worse in other parts of the world. Among these 400 million, children are the worst sufferers. Here are some facts.

- India has the Largest child population in the world
- 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 has 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)

Day 1 of the Great Lent

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

Bible Reading: St. Matthew 18: 18-35

Charity to pray for:

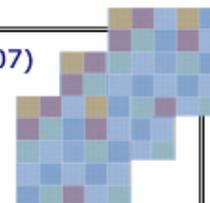
Mar Gregorios Balagram, Yacharam, A.P, India

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

(19 Feb, 2007)

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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. Matthew 6: 1-6

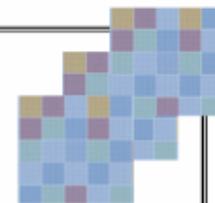
Charity to pray for:

Mar Gregorios Balabhavan, Coimbatore, T.N, India

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

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Day 3 of the Great Lent

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. Matthew 6: 25-34

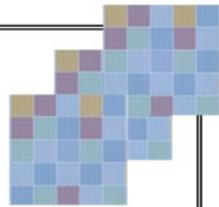
Charity to pray for:

Mar Gregorios Blind Rehabilitation Centre, TVM, Kerala

This charity focuses on the rehab of blind children of poor families.

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Day 5 of the Great Lent

If your 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. Matthew 5: 27-37

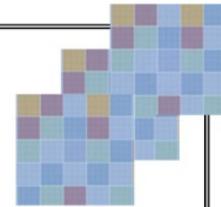
Charity to pray for:

St.Paul's Bala Bhavan, Kozhikode, Kerala, India

This charity cares for poor children and operates in the financially backward areas of Malabar.

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Day 4 of the Great Lent

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. Matthew 7: 13-27

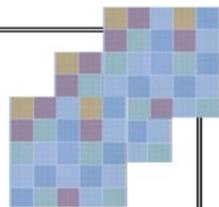
Charity to pray for:

St.Thomas Children's Home, Sasthamkotta, Kerala, India

This charity provides free education & shelter for 47 poor children.

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Day 6 of the Great Lent

Jesus Heals an Official's Son

Bible Reading: St. John 4: 46-54

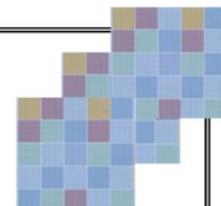
Charity to pray for:

St.Thomas Balabhavan, Attapadi, Kerala, India

This charity takes care of poor and orphan tribal children and operates in Attapadi tribal belt. It provides medical care for the tribals.

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Day 7 of the Great Lent

Jesus Cleanses a Leper. This Sunday is designated as Lepers' 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

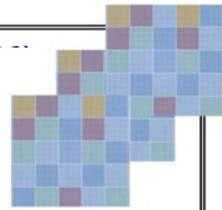
Charity to pray for:

St. George Balikagram, Pune, India

This charity cares for the poor girls of leprosy patients. It's the home for 40 girls.

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Day 9 of the Great Lent

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

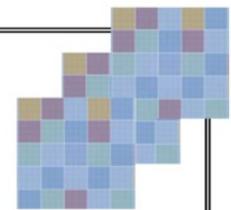
Charity to pray for:

Mar Baselios Gregorios Mercy Home, Ranni, Kerala, India

This charity cares for the poor and the orphans.

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Day 8 of the Great Lent

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

Bible Reading: St. Luke 6: 27-36

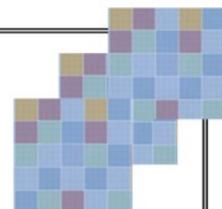
Charity to pray for:

St. Mary's Balikamadniram, Alwaye, Kerala, India

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

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Day 10 of the Great Lent

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

Bible Reading: St. Luke 11: 1-13

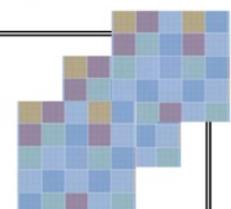
Charity to pray for:

Kottukalam Visranthy Bhavan, Kuzhimattom, Kerala, India

This charity cares for old, widows and the poor.

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Day 11 of the Great Lent

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

Bible Reading: St. Matthew 18: 18-22

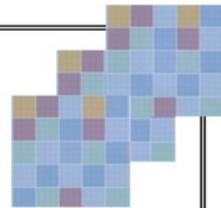
Charity to pray for:

Holy Trinity Disabled Children's Home, Tvm, Kerala

This charity cares for poor children who are disabled.

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Day 13 of the Great Lent

Jesus Heals a Man with an Unclean Spirit

Bible Reading: St. Mark 1: 21-31

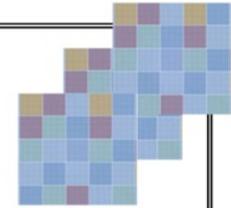
Charity to pray for:

Kalahandi Development Project, Orrisa

This charity operates free satellite dispensaries in Kalahandi for the poor. Kalahandi is known as the ' Somalia of India '. It operates a Balagram in Attamguda which is the home for 30 poor boys.

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Day 12 of the Great Lent

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

Bible Reading: St. Matthew 5: 38-48

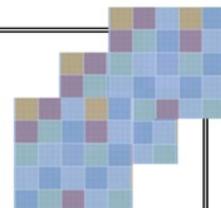
Charity to pray for:

Mar Baselius Children's Home, Palakkad, Kerala

This charity cares for the poor and the orphans.

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Day 14 of the Great Lent

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 to pray for:

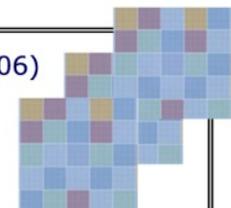
M.G.M Abhaya Bhavan, Pampady, Kerala

This charity provides shelter to men and women who do not have anyone to help

Today

(12 Mar, 2006)

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Day 15 of the Great Lent

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

Bible Reading: St. Mark 2: 13-22

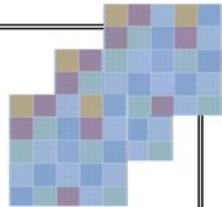
Charity to pray for:

Pulikottil Mar Divannasios Bhavan, Kottappady, Kerala

This charity cares for the poor and the needy.

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Day 16 of the Great Lent

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

Bible Reading: St. Mark 4: 1-20

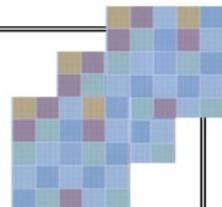
Charity to pray for:

Asha Bhavan, Thiruvalla, Kerala

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

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Day 17 of the Great Lent

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

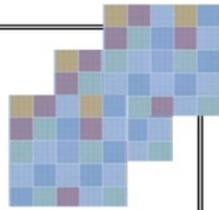
Charity to pray for:

Bethel Sneha Bhavan, Tirunelvely, T.N

This charity is the home for poor orphan girls

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Day 19 of the Great Lent

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

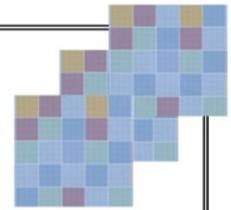
Charity to pray for:

M.G.Bethel Karuna Centre, Thathankulam P.O., T.N

This charity cares for the poor and the orphans.

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Day 18 of the Great Lent

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

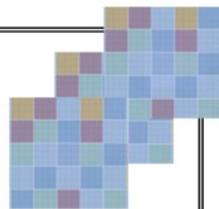
Charity to pray for:

Prerana School for mentally challenged, Nagpur

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

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Day 20 of the Great Lent

Jesus Feeds the Four Thousand

Bible Reading: St. Mark 8: 1-10

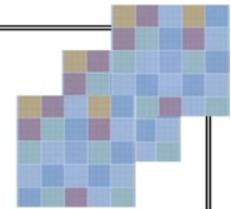
Charity to pray for:

St.Thomas Balabhavan, Neyyattinkara, Kerala

This charity cares for the poor and the orphan children.

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Day 21 of the Great Lent

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

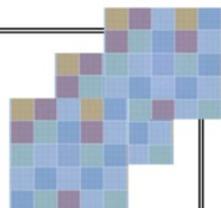
Charity to pray for:

Vattasseril Mar Dionysius Home, Muvattupuzha, Kerala

This charity cares for the poor and the needy.

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Day 23 of the Great Lent

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: 25-12: 8

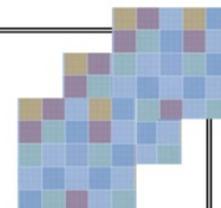
Charity to pray for:

Mar Baselius Paulose I Memorial Prasanthi Bhavan,
Kolenchery, Kerala

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

Today

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Day 22 of the Great Lent

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

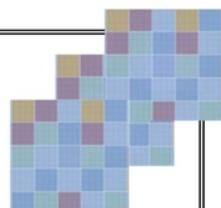
Charity to pray for:

Mar Baselius Augen I Memorial Prathiasa Bhavan,
Pampakuda, Kerala

This charity cares for disabled men

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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

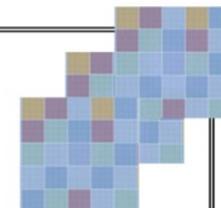
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

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

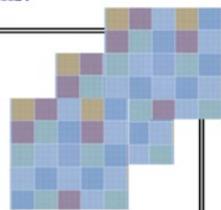
Charity to pray for:

BMM II Sneha Bhavan, Kottarakkara, Kerala

This charity cares for the poor and the orphans.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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

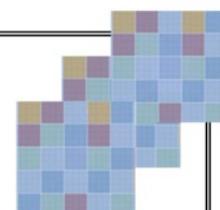
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

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

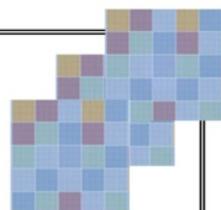
Charity to pray for:

St. Macreena Santhi Bhavan, Kottarakara, 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 orphanage
- I have done good to someone
- 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

Jesus heals the crippled women 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

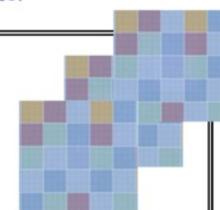
Charity to pray for:

Mar Athanasius Memorial Prathyasa Bhavan,
Kuzhimattom, Kerala

This charity cares for old and the poor.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

Jesus Heals a Man with an Unclean Demon

Bible Reading: St. Luke 4: 31-41

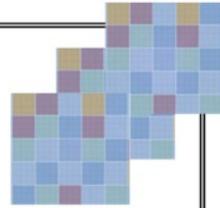
Charity to pray for:

Mar Baselius 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 orphanage
- I have done good to someone
- 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

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

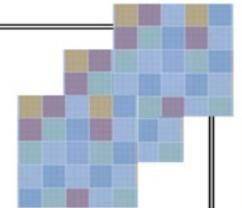
Charity to pray for:

Hanna Bhavan, Koratty, Kerala

This charity cares for old and the poor.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

Jesus heals a demon possessed man

Bible Reading: St. Mark 5: 1 -20

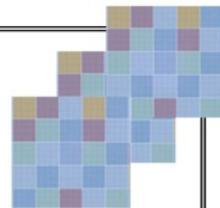
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

Jesus Heals the Sick in Gennesaret

Bible Reading: St. Mark 6: 47-56

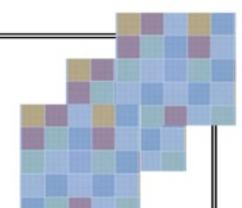
Charity to pray for:

BMM II Balabhavan, Kottarakkara, Kerala

This charity cares for the poor and the orphans boys.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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

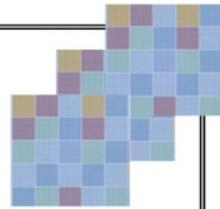
Charity to pray for:

Basalel Girls' Home, Sooranad

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 orphanage
- I have done good to someone
- 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

Jesus Heals a Man Born Blind

Bible Reading: St. John 9: 1-41

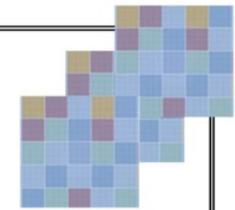
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

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

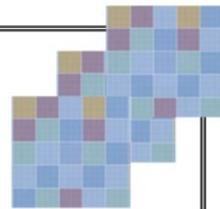
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

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

Bible Reading: St. Luke 18: 31-34, 19: 1-10

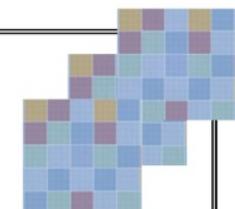
Charity to pray for:

St.Mary's Eventide Home, Adoor, Kerala

This charity cares for old and the poor women.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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

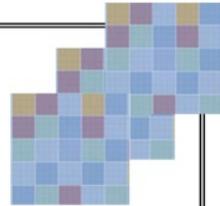
Charity to pray for:

Pratheeksha Bhavan, Koothattukulam, Kerala

This charity cares for women who are poor and disabled.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

Jesus Foretells His Death a Third Time

Bible Reading: St. Matthew 20: 17-19

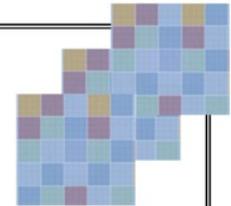
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

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

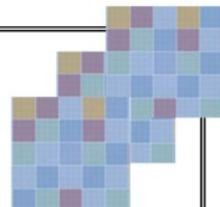
Charity to pray for:

NAMS Snehasadam, Bangalore, Karnataka

This charity is the 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 orphanage
- I have done good to someone
- 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

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

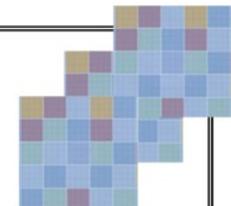
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

Jesus Raises Lazarus

Bible Reading: St. John 11: 28-46

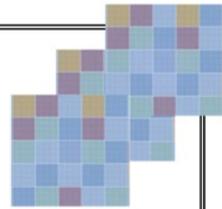
Charity to pray for:

Mar Gregorios Asram, Kandanad, 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 orphanage
- I have done good to someone
- 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

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

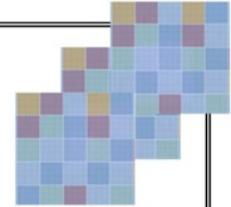
Charity to pray for:

St.Mary's Boys Home, Mulanthuruthy, Kerala

This charity cares for the poor and the orphans boys.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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

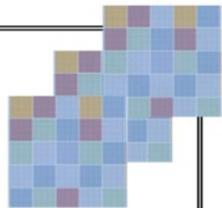
Charity to pray for:

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

This charity cares for the poor and the orphans boys.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

Jesus teaches us: The truth will set you free

Bible Reading: St. John 8:28-59

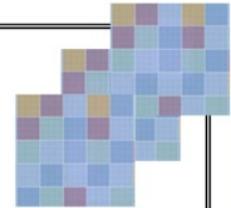
Charity to pray for:

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 orphanage
- I have done good to someone
- 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

Blessed is he who comes in the name of the Lord

Bible Reading: St. Luke 13: 31-35

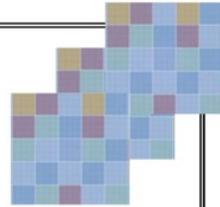
Charity to pray for:

Mar Baselius Children's Home, Vadavucode, Kerala

This charity cares for the poor and the orphans.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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

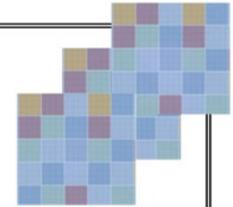
Charity to pray for:

Feed 1 Lakh Poor a Year Project

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 orphanage
- I have done good to someone
- 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



Pesaho / Maundy Thursday

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

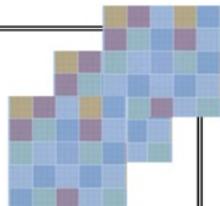
Charity to pray for:

Mount Tabor Convent Balika Bhavan, Thiruvalla, Kerala

This charity cares for the poor and the orphans girls.

Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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



Gospel Saturday

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

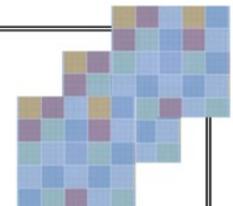
Bible Reading: St. Matthew 27: 62 - 66

Charity to pray for:

All charitable organizations in the world

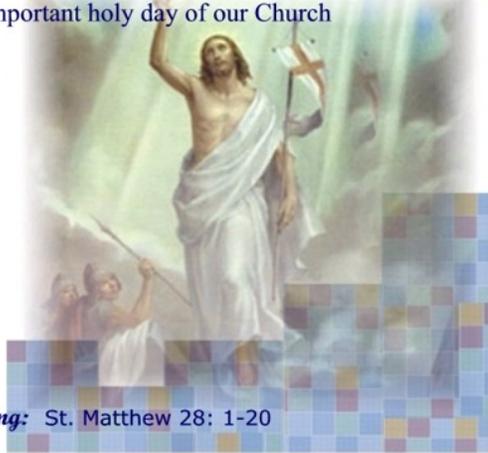
Today

- I have prayed the lent prayer
- I have read the Bible
- I have prayed for the orphanage
- I have done good to someone
- 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

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 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 to pray for:

Every orphan, every poor child around the world
in search of God's grace.

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 prayed for 10 days during this lent for the orphanages, write 10 against the activity.)

I have prayed the lent prayer

I have read the Bible

I have prayed for the orphanage

I have done good to someone

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