

A JOURNEY TO Easter



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Healthier Lives Worldwide

FEBRUARY 17

ASH WEDNESDAY

For you are dust, and to dust you shall return.

—Genesis 3:19

FEBRUARY 18

Be on your guard, stand firm in the faith, be courageous, be strong.

—1 Corinthians 16:13

FEBRUARY 19

My grace is sufficient for you for my power is made perfect in weakness.

—2 Corinthians 12

FEBRUARY 20

Lent comes providentially to reawaken us, to shake us from our lethargy.

—Pope Francis

FEBRUARY 21

FIRST SUNDAY OF LENT

Rejoice in hope, endure in affliction, persevere in prayer.

—Romans 12:12

FEBRUARY 22

Above all else, guard your heart, for everything you do flows from it.

—Proverbs 4:23

FEBRUARY 23

Come to me, all you who labor and are burdened, and I will give you rest.

—Matthew 11:28

FEBRUARY 24

Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit.

—St. Augustine

FEBRUARY 25

I have strength for everything through him who empowers me.

—Philippians 4:13

FEBRUARY 26

Be strong, and let your heart take courage, all you who wait for the Lord!

—Psalm 31:24

FEBRUARY 27

God doesn't require us to succeed, he only requires that you try.

—Mother Teresa

FEBRUARY 28

SECOND SUNDAY OF LENT

For nothing will be impossible for God.

—Luke 1:37

MARCH 1

God is our refuge and our strength, and ever-present help in distress.

—Psalm 46:2

MARCH 2

I am your God. I will strengthen you. I will help you.

—Isaiah 41:10

MARCH 3

During Lent, let us find concrete ways to overcome our indifference.

—Pope Francis

MARCH 4

Reflect upon the wisdom of God in all created things and praise God in them all.

—Mother Teresa

MARCH 5

Then God said: Let there be light, and there was light.

—Genesis 1:3

MARCH 6

He who is devoid of the power to forgive is devoid of the power to love.

—Rev. Dr. Martin Luther King Jr.

MARCH 7

THIRD SUNDAY OF LENT

For where your treasure is, there your heart will be also.

—Matthew 6:21

MARCH 8

When you call me, and come pray to me, I will listen to you.

—Jeremiah 29:12

MARCH 9

My soul thirsts for God, for the living God. When can I go and meet with God?

—Psalm 42:2

MARCH 10

In the world you will have trouble, but take courage, I have conquered the world.

—John 16:33

MARCH 11

Wait for the Lord; be strong and take heart and wait for the Lord.

—Psalm 27:14

MARCH 12

For God alone, O my soul, wait in silence, for my hope is from him.

—Psalm 62:5

MARCH 13

Then God said:
Let there be light,
and there was light.

—*Genesis 1:3*

MARCH 14**FOURTH SUNDAY OF LENT**

He shall be peace.

—*Micah 5:4*

MARCH 15

Yet he knows my way;
if he tested me, I should
come forth like gold.

—*Job 23:10*

MARCH 16

In the world you will
have trouble, but take courage,
I have conquered the world.

—*John 16:33*

MARCH 17**ST. PATRICK'S DAY**

A good friend is like a
four-leaf clover, hard to find
and lucky to have.

—*Irish Proverb*

MARCH 18

All go to the same place;
all come from dust,
and to dust all return.

—*Ecclesiastes 3:20*

MARCH 19

Through the Spirit we eagerly
await by faith the righteousness
for which we hope.

—*Galatians 5:5*

MARCH 20**FIRST DAY OF SPRING**

I'm a spring leaf
trembling in anticipation.

—*Maya Angelou*

MARCH 21**FIFTH SUNDAY OF LENT**

Whatever you do,
work at it with all your heart.

—*Colossians 3:23*

MARCH 22

Lent is the time of
greater love. Listen to
Jesus' thirst.

—*Mother Teresa*

MARCH 23

Come to me, all you
who are weary and burdened,
and I will give you rest.

—*Matthew 11:28*

MARCH 24

It seems impossible
until it's done.

—*Nelson Mandela*

MARCH 25

Sanctify them by the truth;
your word is truth.

—*John 17:17*

MARCH 26

But as for you, be strong
and courageous, for your
work will be rewarded.

—*2 Chronicles 15:7*

MARCH 27

We need so much less
than we think we need.

—*Maya Angelou*

MARCH 28**PALM SUNDAY**

Blessed is he who comes
in the name of the Lord,
hosanna in the highest.

—*Matthew 21:9*

MARCH 29

Injustice anywhere is a
threat to justice everywhere.

—*Rev. Dr. Martin
Luther King Jr.*

MARCH 30

When I wept and humbled
my soul with fasting,
it became my reproach.

—*Psalms 69:10*

MARCH 31

So we fasted and implored
our God for this, and
he listened to our entreaty.

—*Ezra 8:23*

APRIL 1**HOLY THURSDAY**

Intense love does not
measure, it just gives.

—*Mother Teresa*

APRIL 2**GOOD FRIDAY**

Into your hands
I commend my spirit.

—*Psalms 31:6*

APRIL 3**HOLY SATURDAY**

I came to you in weakness
and fear and much trembling.

—*1 Corinthians 2:3*

APRIL 4**WISHING YOU A BLESSED**

Easter!

He has been raised;
He is not here.

—*Mark 16:6*

**Remember that God is
on the journey, too.**

—*Mother Teresa*



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