

Lenten Prayer Journal

For Women

Carol D'Annunzio

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Living Fire Publications

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Dedication

To my husband, Michael, and my son, Andrew. I love you both so much! Thank you for your constant support and encouragement.

Introduction

What is Lent? According to the website, thefreedictionary.com, one of the definitions of Lent is “A 40-day period of fasting and penitence observed by many Christians in preparation for Easter.” For Catholic Christians, this usually means fasting on Ash Wednesday and Good Friday, not eating meat on Fridays, and giving up something such as chocolate or coffee.

Thus, the Lenten season is meant to be a time of anticipation and preparing, both physically and *in our hearts*, for the great solemnity of Easter. However, Lent is generally ignored outside of Mass, especially in the secular world. Sure, a lot of people eat fish during this time and many may give a little extra to charity; still, it is easy to forget to take the time to focus on the real meaning of the season. So, instead of savoring and appreciating the *why* of Lent, and the great mystery of our redemption,, the Lenten season becomes something we pay minimal attention to.

Now, I believe it doesn't have to be that way which is why I put together this *Lenten Prayer Journal for Women*. The purpose of this journal is to help you to spend a few minutes each day focusing on the true meaning of the season. My heart's desire is that each time you pick up this journal you will capture a little of the spirit of the merciful and tender love of Jesus.

As you look through the journal, you will see that the book is divided into the six weeks of Lent (excluding Ash Wednesday). Each week is then separated into each day of the week and each day of the week contains a scripture verse, 2 ½ lined pages, and two blank pages.

The scripture verses are included to help jumpstart your prayer time. If you don't need them, great, just ignore them. However, if you can't think of what to pray or write, the scripture verses, taken from the Mass readings, can be used to assist you in getting focused, praying, and writing.

After the six weeks, there is a section for prayer intentions, either for your own or prayer requests from other people. There are three lined pages with space for the date, the person requesting prayer, and the intention. Of course, there are also a couple of blank pages for adding pictures or drawings, as well.

As you can see, I have kept this prayer journal very simple with lots of space for writing and drawing and doodling. Remember, there is no right or wrong way to use this journal. I want you to consider this journal as your personal *sacred space* to be used as an aid for your prayer life. In fact, it is my hope and prayer is that you will use this journal as a gateway to a consistent and deeper prayer life – not just during the Lenten season but all year round.

God bless and happy writing!



**First
Week of
Lent**

First Sunday of Lent

You shall worship
the Lord, your God,
And Him alone
you shall serve.
Luke 4:8

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Drawing, Doodling, and/or Drawing Space

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First Monday of Lent

Whatever you
did for the least of
my brothers, you did
it for me.
Matthew 25:40

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About The Author: Carol D'Annunzio

Like many of us, Carol is a jack of all trades: author, wife, homeschooling mother, homemaker, and most importantly, a child of God. She is featured on the website **Peanut Butter & Grace**, is a contributor to **CatholicBloggersNetwork.com**, and blogs at **SimpleCatholicLiving.com** where you will find encouragement and resources for living out your womanly Christian vocation.

Let's Connect!

I'd love to hear from you. If you have any questions or comments, please feel free to contact me at **carol@simplecatholicliving.com**.

Don't forget to friend / follow me on the following social media sites. I will do my best to follow you back as soon as possible!

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