



LENT CHALLENGE

EXERCISE BODY AND SOUL

Walk or Run one mile or more, starting Ash Wednesday March 5 and ending on Palm Sunday April 13. (40 DAYS)

While you are walking or running, you will be reading or listening to the Gospel of John. Each day, there will be specific verses and an optional challenge. By the end of Lent, you would have read the whole Gospel of John. The Gospel of John is very important to us Catholics. We read the Passion of our Lord, every Good Friday from this Book.

HOW DOES IT WORK

1. Scan the QR code below to download the PDF with the verses and challenge instructions. You can also sign in at the designated table in our parish and receive them by email, text, or pick up a printed form at the church portico.
2. Download an audio Catholic Bible on your phone if you are going to walk/run while listening to the daily Verses. You can also scan the QR code to download it. If you don't want to walk or run while listening, you can also read your bible before going out.
3. While exercising, meditate ... what stood out to you, picture yourself in Jesus' time and imagine yourself being there. What is Jesus telling you each day through the scripture?
4. Write down the miles walked each day. Only write down the miles you dedicated to Jesus, whether listening to the bible, in silence, or meditating the scripture.
5. Be aware of each daily challenge. The challenges are optional, but they will help you live a very special lent.
6. If you miss a day, don't worry, just pick up where you left off the following day.
7. You can do the challenge by yourself or with a group of friends or family. Make sure you follow up and encourage everyone to walk, and share their thoughts and experiences.
8. This Lent Challenge is much more than just walking, listening to Scripture and meditating. It is an opportunity to grow your personal spiritual relationship with Jesus.
9. QR CODE PDF QR CODE AUDIO BIBLE

