



**ST. CLARE PRESENTS:**

**40 DAYS OF LENT**

**40 ACTS OF MERCY**

**CHALLENGE**



- Instead of giving up stuff this Holy Lenten Season, *embrace mercy* this Holy Jubilee Year of Mercy
- Challenge yourself this Lent to perform 40 acts of mercy during the 40 days of Lent
- Starting on Ash Wednesday, February 10, 2016
- Start performing acts of mercy
- Write about your acts of mercy in a journal and pray over them
- Share your experience on our website at [www.stclaresi.com](http://www.stclaresi.com) as testimonies of God's mercy in action (there will a link on the right corner of the website for your testimony starting on Ash Wednesday)
- The acts of mercy can be toward self or toward others
- They can be as small as smiling to someone on the train or as big as forgiving oneself.
- Children and adults are invited to participate

**LET'S LIVE A YEAR OF MERCY SO OUR HEAVENLY FATHER MAY BE GLORIFIED.**