

## A pastel drawing of a person's torso and arms, wearing a white robe with colorful, vertical stripes. The hands are visible, holding a small object. The background is dark. The drawing is signed 'V. 86' in the bottom right corner.

# BEHOLD THE MAN: THE HEALING, SAVING, LIBERATING CHRIST

SATURDAY

## 29 Be original

TUESDAY

“The Lord sent forth the word to heal them.” Psalm 107:19-20

## 7 Be you

“God... sent his Son that the world might be saved.” John 23:17

## 14 Be creative

“He has sent me to proclaim liberty to captives.” Luke 4:18

## 21

### Be sensitive to your needs

“Pierced for our offenses...by his stripes we were healed.” Isaiah 53:5

# Franciscan Sisters of St. Joseph

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>22</b> Find magic in this day	<b>23</b> Share some good news	<b>24</b> Make today's headlines part of your prayer	<b>25</b> Share some good news	<b>26</b> Do not complain	<b>27</b> Give someone a dose of positivity	<b>28</b> Recall a happy moment
"I came as light...to save the world." John 12:46-47						
<b>29</b> Make a day to enjoy	<b>30</b> Remember nothing is meaningless	<b>31</b> Contribute to the happiness of another	<b>1</b> Give this day your best	<b>2</b> Put aside your worries	<b>3</b> Contemplate the awe of reality	<b>4</b> Remember that Creation is holy ground
"For the Spirit of Life in Christ Jesus has freed you." Romans 8:2						
<b>5</b> Embrace light heartedness	<b>6</b> Dwell in possibility	<b>7</b> Fill the day with healthy light	<b>8</b> Rest in the magnificence of life	<b>9</b> Cultivate joy	<b>10</b> Slow yourself down	<b>11</b> Have a "wow" moment
"By grace you have been saved through faith." Ephesians 2:8						

**12** Recognize the wonder of Life

"Arise... the Sun of Justice with healing Rays"  
Mal 3:20



Lent is a time for discovering in our hearts the resources that will enable us to live better lives, be better people and, in our own way, somehow draw closer to God.

Lent is a celebration of our own salvation through the healing, saving, liberating Christ. This enormous love God has for us is what makes Lent what it is—a call to conversion of heart and renewal of life.

As we pray during these forty days may the goodness, which was visible in the person of Jesus, be evident in our lives too.

Ann Lyons fssj