



THINK LIKE AN APOSTLE

APOSTOLIC MINDSET LENTEN CHALLENGE



SCHEDULE & CONTENT OVERVIEW



Introduction

Like the apostles before us, the Church is called to be bold in this apostolic age. To do this, we must start thinking like the apostles did and heeding our own call as Christ's apostles who are living today.

This Lent, we encourage you to challenge your parishioners to be more intentional about putting on an apostolic mindset by utilizing these Apostolic Mindset Lenten Challenges throughout the five weeks of the Lenten season. Each week will be focused on one of the five characteristics of an apostolic mindset and contains practices meant to bring a person more deeply into that characteristic and apply it to their own life. Also provided is a relevant Scripture passage for each week.

These challenges can be used however you deem best for your community. You can include them in the bulletin, print them out and hang them up around the parish, or provide them to any small groups happening at your parish.

As we journey through the Lenten season together and prepare to proclaim Christ's death and resurrection to the world during the Easter season, we pray that these characteristics and practices become commonplace in our own parish communities and therefore better equip us to be the apostles we are called to be.

Download
resources for your parish:

[DENVERPARISH.ORG/LENT22](https://denverparish.org/lent22)

Weekly Challenges

Graphics for each week can be found on denverparish.org/lent22 or you are welcome to share from the archdiocesan social accounts as well.



Week 1 (March 6-12): Unique Calling from the Father

Memory Verse: *“But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are mine.” (Isaiah 43:1)*

- » Discern and cultivate your gifts and talents using a temperament assessment tool
- » Volunteer at your parish
- » Use your gifts to help one person
- » Make a “joy” list: Write down five things that bring you joy; start a gratitude practice
- » Do a nightly examen - reflect on the day and meditate on where God was present



Week 2 (March 13-19): Costly Imitation of Christ

Memory Verse: *“If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, and whoever loses his life for my sake will find it.” (Matthew 16:24-25)*

- » Pray the Stations of the Cross, being intentional about forgiveness that you need to give others
- » Almsgiving: Give up one thing that brings you comfort (in addition to your Lenten penance)
- » Give away material goods you don't need or no longer use
- » Retreat to pray, as Jesus did; make a holy hour
- » Fast and abstain from eating meat on Wednesday and Friday
- » Start the archdiocesan-wide Surrender novena on March 17

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Week 3 (March 20-26): Utter Reliance on the Holy Spirit

Memory Verse: *“And hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us. (Romans 5:5)*

- » Continue to pray the archdiocesan-wide Surrender Novena
- » Pray a decade of the rosary while meditating on Pentecost
- » Pray the Litany of Trust ([link](#))
- » Carry a rosary in your pocket, and let it be a token to ask God for the grace to give up control and trust in Him
- » Do something that’s out of your comfort zone
- » Pray in silence for one hour, listening intently and expectantly for the Holy Spirit to speak; if you feel a prompting, respond! Don’t think.



Week 4 (March 27-April 2): Conviction of the Primacy of the Power of the Gospel

Memory Verse: *“In the world you will have tribulation. But take heart; I have overcome the world. (John 16:33)*

- » Pray through your baptismal promises
- » Read the daily Gospel
- » Join or start a bible study (or invite someone else to join)
- » Gift someone a bible or donate one to schools, prisons, etc.
- » Read the early Church Fathers
- » Consider enrolling in the SJV Lay Division (sjvlaydivision.org)



Week 5 (April 3-9): Being a Joyfully Countercultural Witness

Memory Verse: *“These things I have spoken to you, that my joy may be in you, and that your joy may be full. (John 15:11)*

- » Go to confession
- » Take stock of your own/society’s “false idols” -- ask God to reveal them and joyfully reject them
- » Make time for daily Mass
- » Go pray at Planned Parenthood or in another public setting
- » Joyfully share the good news of the gospel with one person

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Digital Content to be shared

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 **Week 4: Conviction of the Primacy of the Power of the Gospel**

Memory Verse:
"For I am not ashamed of the gospel: it is the power of God for salvation to everyone who has faith, to the Jew first and also to the Greek." (Romans 1:16)

Suggested challenges for the week:

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