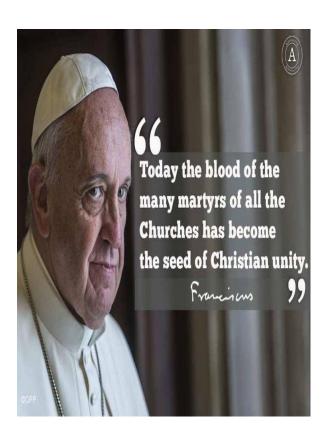
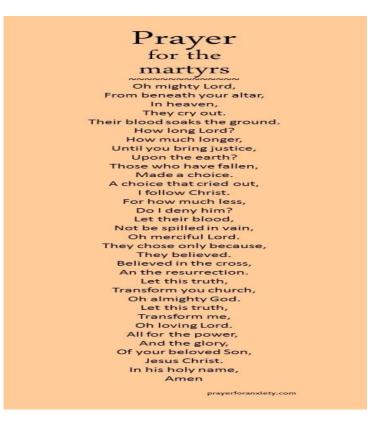
Prayers for March 2024

Pope Francis' Prayer for the New Martyrs

We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.





LENT (April 14th ~ March 28th)













POPE FRANCIS' WORDS

Do you want to fast this Lent?

- · Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- · Fast from worries and trust in God.
- · Fast from complaints and contemplate simplicity.
- · Fast from pressures and be prayerful.
- Fast from bitterness and fill you heart with joy.
- Fast from selfishness and be compassionate to other
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.