

# Going inside for Lent

## A DAILY JOURNEY TO THE INTERIOR!



VILLANOVA COLLEGE

With the help of this Calendar our goal is to promote in ourselves the Villanova College value of **INTERIORITY** by:

- taking time each day to consider the “focus of the day”
- being still and reflecting on my honest answer
- considering what action I could take in response
- asking God, the “Inner Teacher”, to guide me

Lent has 40 days. We don't count the Sundays.

## February

14 what could I change to become a better person by Easter? **(Ash Wednesday)**

15 what could I be thankful for today?

16 was I mindful enough to be amazed at beauty or someone's goodness?

17 when and what made me happy?

**18 1st Sunday of Lent**

19 when others were speaking did I pay attention?

20 when others spoke to me how carefully did I listen?

21 recall some feelings I experienced today.

22 when today was I truly me and when faking?

23 rejoice in a time today you were honest, even courageously honest .

24 think of a decision you made today. What were the consequences?

**25 2nd Sunday of Lent**

26 name a topic or issue of today that you need to think about deeply.

27 when today were you patient or kind with yourself or other?

28 when you heard a different opinion than your own, did you consider it?

29 what action of yours make the community better today?



# March



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Developing fine young men

1 what wise thing did you learn today? From whom?

2 was there something today that gave you delight?

### 3 3rd Sunday of Lent

4 name something that you understood better today.

5 when you participate in or watch AIC sport, what happens for you?

6 explore occasions that seemed problematic today.

7 how is a sport or hobby or interest making you better?

8 what have you been aware of on this International Women's Day?

9 consider your influence and impact of others today.

### 10 4th Sunday of Lent

11 think of an opinion you heard which you might consider more.

12 what was something you noticed today because it was not superficial?

13 to whom did you listen carefully today?

14 what method or approach to learning was valuable today?

15 have you received any wisdom from an older person recently?

16 name some Villanova traditions. Which do you value most?

### 17 5th Sunday of Lent

18 what gifts and talents come naturally to you?

19 what gifts and talents are you working to develop?

20 how do you use your gifts and talents to help others?

21 about what could or did you think deeply or reflect prayerfully today?

22 be still and quiet and listen to your heart, your desire, your Inner Teacher.

23 as we near Holy Week, how are you growing in love—holiness?

### 24 Passion Sunday

25 make an assessment of your study strengths this term.

26 consider how you might be aware of the Passion, Death and Resurrection.

27 a chance to listen to the Inner Teacher we celebrate in the coming holydays.

### 28 Holy Thursday

### 29 Good Friday

### 30 Holy Saturday

### 31 Easter Sunday

