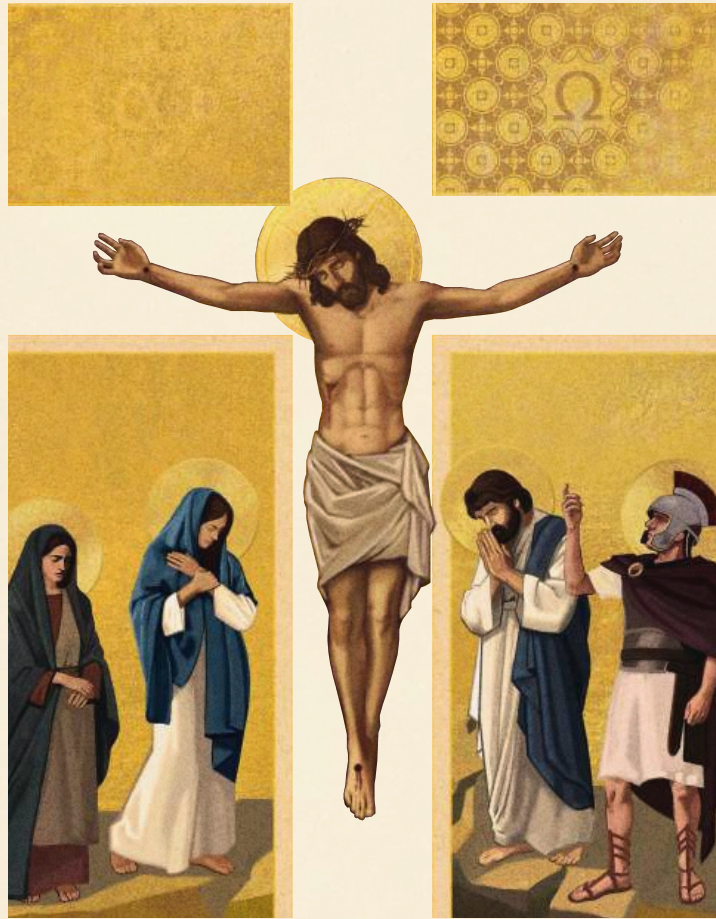


LENT PRAY40 GUIDE 2025

HALLOW



PRAY40

THE  
WAY



# LENT

ST. JOSEMARÍA ESCRIVÁ  
TAKASHI NAGAI

Drawing on the incredible writings of St. Josemaría Escrivá, author of *The Way*, we'll follow Jesus into deeper faith every day this Lent. To help bring Escrivá's advice to life, we'll follow the story of Servant of God Takashi Nagai, a Japanese physician who survived the atomic bombing of Nagasaki in 1945. He survived, but his life was not without difficulty, heartbreak, and, ultimately, conversion.

This Lent, as we meditate on the lives of those who follow Christ, we'll see that despite the noise and distraction of today, Jesus died on the cross so that we might experience His love, His peace, and, ultimately, eternal life.

We need only to follow **His Way**.



“If our desire for holiness is sincere, if we are docile enough to place ourselves in God's hands, everything will go well. For He is always ready to give us his grace, especially at a time like this—grace for a new conversion, a step forward in our lives as Christians.

We cannot regard this Lent as just another liturgical season which has simply happened to come around again...

Jesus is passing by and He hopes that we will take a great step forward—today, now.”



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# PRAY40 BOOKS

Throughout Pray40, we will journey through some incredible books, *The Way* by St. Josemaría Escrivá, *A Song for Nagasaki* by Paul Glynn, S.M., and *The Power of Silence* by Cardinal Robert Sarah.

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*The Way* is a collection of profound advice from St. Josemaría Escrivá compiled in 999 categorized “points”, or considerations. Select quotes associated with their day will be displayed throughout this study guide as an easy reference.

If you'd like to purchase your own copy of *The Way* to follow along with during Pray40, [click here](#).

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*The Power of Silence*: Each Saturday during Lent, meditate in silence on scripture with guidance from Cardinal Robert Sarah using reflections from his book, *The Power of Silence*, to find peace amidst the noise of the world. [Purchase your copy here](#).

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*A Song for Nagasaki* is a biography of Servant of God Takashi Nagai. Since this book is a straightforward narrative, we've included a reference for reading below for those who would like to follow along with the book.

Hallow partnered with Ignatius Press to create a special edition of *A Song for Nagasaki* for the Pray40 challenge, which you can [purchase here](#) for 20% off your order.

<b>WEEK 1</b>	THE WAY	Read chapters 1-5 in <i>A Song for Nagasaki</i>
<b>WEEK 2</b>	THE WAY OF PRAYER	Read chapters 5-9 in <i>A Song for Nagasaki</i>
<b>WEEK 3</b>	THE WAY OF LOVE	Read chapters 10-14 in <i>A Song for Nagasaki</i>
<b>WEEK 4</b>	THE WAY OF SUFFERING	Read chapters 15-22 in <i>A Song for Nagasaki</i>
<b>WEEK 5</b>	THE WAY OF SURRENDER	Read chapters 22-25 in <i>A Song for Nagasaki</i>
<b>WEEK 6</b>	THE WAY OF RESURRECTION	Read chapters 26-31 in <i>A Song for Nagasaki</i>

# Week 1

■ DAY 1 ■

“Lord, I believe, help my unbelief.” (Mark 9:24)

■ DAY 2 ■

“Don’t let your life be sterile. Be useful. Blaze a trail. Shine forth with the light of your faith and of your love.... And light up all the ways of the earth with the fire of Christ that you carry in your heart.” (The Way, 1)

■ DAY 1 ■

## Ash Wednesday

What is one thing you are hoping to accomplish during this season of Lent? How can the Litany of Humility help you in this way?

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■ DAY 2 ■

## Ashes

What do you want this Lent? Think big. What do you want God to do in your life? How do you want Him to transform your heart?

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# Fasting Friday

**Challenge:** Fast from noise and distractions.

When was the last time you really disconnected? When was the last time you really rested in silence?

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How will you fast from noise this week?

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■ DAY 4 ■

# Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

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■ DAY 5 ■

# Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

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# Week 2

■ DAY 6 ■

## “26”

As we reflect on gratitude in your life, what has been good? What are you thankful for? Or maybe there are areas in life that are difficult right now. What challenges and obstacles are you facing?

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■ DAY 7 ■

## Christmas Eve

Is it challenging to talk with God about yourself? What holds you back from time in prayer?

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■ DAY 6 ■

“Go to prayer: to become a blaze, a living flame giving heat and light.”  
(The Way, 92)

■ DAY 7 ■

“You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray!' you can be sure you've already begun”.  
(The Way, 90)



“Abandonment to the will of God is the secret of happiness on earth”

THE WAY, 766

■ DAY 8 ■

Sweetheart

Reflect on your experience in imaginative prayer with Sr. Miriam today. Did anything come to mind? What stood out to you?

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■ DAY 9 ■

# Story of Faith

What stood out to you from the testimony shared? Write down your thoughts below.

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■ DAY 10 ■

# Fasting Friday

**Challenge:** Follow the “little way”

What “little” sacrifices do you plan to make for this upcoming week? How are you planning to deny yourself – in little ways throughout your day – so that you might better love others?

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■ DAY 11 ■

# Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

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■ DAY 12 ■

# Sunday Homily with Fr. Mike Schmitz

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# Week 3

■ DAY 13 ■

My God, I love you, but...  
oh, teach me to love!"  
(The Way, 423)

■ DAY 14 ■

"Humbly ask God to  
increase your faith.  
Then, with new lights,  
you'll see clearly the  
difference between the  
world's paths and your  
way as an apostle."  
(The Way, 580)

■ DAY 13 ■

## Gone

Today, we imagined Jesus coming to meet you. How did He show His tenderness toward you? Who is He calling you to be? What was your response?

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■ DAY 14 ■

## Return

Where in your life is God calling you to conversion?  
How is He calling you to love Him more?

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“Conversion is a matter of a moment. Sanctification is the work of a lifetime.”

**THE WAY, 285**

■ DAY 15 ■

# Ordinary

Reflect on your experience in imaginative prayer with Sr. Miriam today. Did anything come to mind? What stood out to you?

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■ DAY 16 ■

# Story of Faith

What stood out to you from the testimony shared? Write down your thoughts below.

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■ DAY 17 ■

# Fasting Friday

**Challenge:** Pick up your cross.  
What cross in your life do you see, alone, uncared for, without its crucified?  
What cross is waiting for you to pick it up?

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■ DAY 18 ■

## Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

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■ DAY 19 ■

## Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

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# Week 4

■ DAY 20 ■

“I want you to be happy on earth. But you won't be if you don't get rid of that fear of suffering. For as long as we are ‘wayfarers,’ it is precisely in suffering that our happiness lies.” (The Way, 217)

■ DAY 21 ■

“For others, death is a stumbling block, a source of terror. For us, death... is an encouragement and a stimulus. For them it is the end; for us the beginning.” (The Way, 738)

■ DAY 20 ■

## The Cross

Consider your sufferings and the fear that your suffering might get worse or never end. What fears are holding you back from happiness? How can you give those fears to God?

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■ DAY 21 ■

## The Bomb

Today's reflection was on Memento Mori, Latin for “remember you will die.” Have you ever considered this meditation practice before? How do you think reflecting “our death” can help us live better here on earth?

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■ DAY 25 ■

# Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

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■ DAY 26 ■

# Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

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# Week 5

## ■ DAY 27 ■

“We are stones—blocks of stone—that can move, can feel, that have completely free wills. God himself is the stonecutter who chips off the edges, shaping and modifying us as he desires, with blows of the hammer and chisel. Let us not try to draw aside, let us not try to evade his will, for in any case we won't be able to avoid the blows. We will suffer all the more, and uselessly. Instead of polished stone suitable for building, we will be a shapeless heap of gravel that people will trample on contemptuously” (The Way, 756)

## ■ DAY 28 ■

“Love for God invites us to take up the cross and feel on our own shoulders the weight of humanity... ‘Whoever does not bear his own cross and come after me, cannot be my disciple.’ Let us accept God's will and be firmly resolved to build all our life in accordance with what our faith teaches and demands. We can be sure this involves struggle and suffering and pain... In the midst of sorrow... we will experience a happiness which moves us to love others, to help them share in our supernatural joy.” (Christ Is Passing By, 97)

## ■ DAY 27 ■

# Kolbe

Where do you need to be molded, shaped, and chiseled? What does God want you to be? What in your life needs to conform to His will?

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## ■ DAY 28 ■

# Speech

Consider your sufferings with God, what you face, the pain you feel, and the cross that you bear. Who can you offer these sufferings up for?

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# Meaning

Reflect on your experience in imaginative prayer with Sr. Miriam today.  
Did anything come to mind? What stood out to you?

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“After losing those human consolations you have been left with a feeling of loneliness, as if you were hanging by a thin thread over the emptiness of a black abyss. And your cries, your shouts for help, seem to go unheard by anybody. The truth is you deserve to be so forlorn... Love the cross... and our Lord will hear your prayer. And in time, calm will be restored to your senses. And your heart will heal, and you will have peace.”

**THE WAY, 726**



■ DAY 30 ■

# Story of Faith

What stood out to you from the testimony shared? Write down your thoughts below.

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■ DAY 31 ■

# Fasting Friday

**Challenge:** Make the change.

What are the biggest obstacles between where you are now and where you're called to be?

What's your best guess at what God wants you to focus on?

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■ DAY 32 ■

## Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

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■ DAY 33 ■

## Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

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# Week 6

## ■ DAY 34 ■

“Praise God. Leap for joy in the Lord, our one and only help... Do you know what it is to be lifted up to the heart of God? Do you realise that a soul can face his Lord, open his heart to him and tell him his woes?... But my lament is one of trust” (Friends of God, 153).

## ■ DAY 35 ■

“In the moments of struggle and tribulation, when perhaps... your way [is filled] with obstacles, lift up your... heart: listen to Jesus as he speaks... And you'll feel the joy of contemplating the victory to come.” (The Way, 695)

## ■ DAY 36 ■

“Haven't you heard the mournful tone with which the worldly complain that 'each day that passes is a step nearer death'? It is. And I tell you: rejoice...for each day that passes brings you closer to Life” (The Way, 737).

## ■ DAY 34 ■

# Bells

In the time of silence today, did you allow yourself to be lifted up to the heart of God? Is it challenging to trust him with your woes? What ways are you praising Him?

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## ■ DAY 35 ■

# Visitors

Today, we asked God how He might be preparing us to help others who are suffering. What is your mission? How can you have the courage to live it out?

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## ■ DAY 36 ■

# Funeral

Reflect on your experience in imaginative prayer with Sr. Miriam today. Did anything come to mind? What stood out to you?

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■ DAY 37 ■

# Story of Faith

What stood out to you from the testimony shared? Write down your thoughts below.

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■ DAY 38 ■

# Fasting Friday

**Challenge:** Celebrate.

Consider how you can enter this Holy Week with a joy, a peace, that you've never had before.

How will you celebrate Jesus' death and resurrection? How can you shine with the joy of the risen Christ?

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■ DAY 39 ■

## Silent Saturday with Cardinal Sarah

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■ DAY 40 ■

## Sunday Homily with Fr. Mike Schmitz

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