

Our Countdown to Great Lent Calendar 2025

Pre-Lenten Weeks of Preparation

Get ready! Here comes the Great Fast!

Start here!

February 9:

Sunday of the Publican and Pharisee:

Work on humility and feast! Did you know that we are expected NOT to fast at all this week? Even on Friday! It's true! We need to practice humility by doing so, and also get rid of all the goodies in our pantries this week. Make Publican and Pharisee Cookies! See the recipe and instructions at ByziMom.com!



10

FEAST!

Begin to eat up the treats you have stored in your pantry and refrigerator so they won't tempt you.

11

FEAST!

Discuss with your family which foods are allowed and which are not during the fast, and why.

12

FEAST!

Which activities will you fast from and which will you begin to do during the fast?

13

FEAST

Humility is also simplicity. Will you simplify your environment by taking down decorations in your house or your room for the fast?

14

FEAST!

The Pharisee boasted while the Publican humbled himself. Practice the Jesus Prayer today.

15

FEAST!

We all need to cultivate the virtue of humility, which means seeing ourselves as God does. Pray for this grace today.

16

Sunday of the Prodigal Son:

Work on mercy and forgive your neighbor. Remember, the son returned and fell prostrate before his father to beg forgiveness. We do this before our Heavenly Father too, when we make prostrations in prayer.



17

Do you know how to make prostrations like the Prodigal Son? You may want to practice them!

18

Is there someone who has made you angry? Show them forgiveness today to prepare for the fast.

19

The Prodigal son took his father for granted. Go to your parents today and tell them how much they mean to you.

20

The Prodigal Son was so hungry he longed to eat animal food. Make a plan to donate some food to those who are in need.

21

The Father rushed to greet his son when he repented. Be eager to forgive those when they ask you to do so.

22

Today is the first All Souls Saturday: Pray for the Departed! Make a list of those departed of your family for whom you will pray this Lent.



23

Sunday of Meatfare/Last Judgment:

What can you do for the least of your brethren? Listen carefully to this Gospel reading because it contains the answers to the very final, Final Exam of life! This is how we will be judged before God and it's important that we get it right. Make Lamb Cupcakes! See the recipe and instructions at ByziMom.com!

27

Bad habits imprison those who cultivate them. Do you have any bad habits that you want to be free from? Make a plan to work on those during the fast.

28

Make a card or say a prayer for those you know who are ill. Sometimes just knowing someone cares can help them heal and feel better.

March 1

Whatever you do for the least of your friends, you do for Jesus! Do a good deed for someone today.

March 2

Ask forgiveness of everyone in your household so that you may begin the fast tomorrow with a clean and humble heart!

26

People who are ashamed often can't forgive themselves. Be quick to forget the shame of others and never bring it to anyone's

25

Can you welcome any strangers in your church, school, group, or neighborhood?

24

People hunger and thirst for all sorts of things like love, patience, or understanding. How can you satisfy them?

7

It's not just about food! Prepare your prayer plan too! Will you attend Presanctified Liturgy? Say the Jesus Prayer? etc?

6

Don't fall out of your tree! Make sure your plan is practical and safe. Discuss it with your parents and/or your Spiritual Father first.

5

When you climb YOUR tree this lent, will others try to pull you down? Surround yourself with supportive friends.

4

Make a plan for fasting and discuss it with your family. Try to do one more thing than you did last year!

3

Zacchaeus worked hard to see Jesus. Pray for the grace to make a good effort this Lent!

February 2

Zacchaeus Sunday:

Establish your plan and get ready to climb! Review your eparchy's rules for fasting and discuss what this will look like in your home.

Ask your parents what they expect from you this lent. Make a Zacchaeus Tree Cinnamon Roll!

See the recipe and instructions at ByziMom.com!



Compiled to coordinate with *The Zacchaeus Tree* by Lynne Wardoch, available from the gift shop page at ByziMom.com

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