

# DISCIPLES ON THE WAY

Spiritual Support During  
the COVID-19 Outbreak



Diocese of  
Green Bay

## LIVING LENT IN A TIME OF SOCIAL DISTANCING

### PRAYER

**Cancelled events and self-imposed *social distancing* are rare opportunities well-suited to spend some quality time with God, speaking and listening about the matters which reside within one's heart. Below are a few ideas to help take advantage of this time:**



- While washing one's hands, recite an Our Father for the safety and consolation of the sick or isolated.
- Pray for the intercession of the saints when you hear of new infections. Consider the following saints who have interceded during outbreaks of the past: St. Anthony of the Desert, St. Edmund, St. Roch (pronounced like “rock”), St. Rosalie, and St. Sebastian.
- Grab a bible or pull up the daily Mass readings online and spend some time practicing *lectio divina*. The Book of Psalms is also a great choice during times of uncertainty.
- Ask Jesus to help increase trust in Him, followed by praying a Divine Mercy Chaplet.
- Reflect on the life of Christ and ask for the intercession of Mary and Joseph while praying the Rosary.
- Join in solidarity with the Universal Church by praying the Liturgy of the Hours.
- Engage in a time of recollection, meditation, and contemplation with such activities as journaling, drawing, painting, knitting, sewing, writing, or spiritual reading.

PAGE 1 OF 2

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### FASTING

**Through acts of fasting, one can lovingly offer their personal sacrifices for the physical, psychological, and spiritual betterment of others. Below are a few ideas for how to intercede for others through voluntary self-denial in a time of pandemic:**

- Offer your Lenten sacrifice for those who are suffering with COVID-19.
- Offer one daily sacrifice, as an individual or as a family, for those who are sick or isolated.
- Avoid purchasing more than you reasonably need at this time. Unnecessarily depriving others of necessities is contrary to Christian charity.

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### ALMSGIVING

**When one gives alms to those in need, they affirm that all created goods come from God for the purpose of the common good. Below are a few simple ways to attend to the needs of others, which respect the need to avoid physical contact:**

- Make a donation to your local parish or community charity. This can usually be done online.
- Volunteer to make and/or deliver care packages of food or necessities for the sick or isolated.
- Give words of encouragement by means of phone calls, text messages, mailed letters, or social media posts.