



Fast, Pray, Give: A Six-Week Guide

Mary Carol Kendzia

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Fast, Pray, Give is a six-week study program for Lent that can be used by small groups and individuals alike. It focuses on key concepts of Lent in a fresh, contemporary way that will inspire readers to see Lent as an opportunity for spiritual growth and renewal.

The six weeks give an overview of these topics:

- 1. What Is Lent?
- 2. Prayer
- 3. Fasting
- 4. Almsgiving
- 5. Conversion
- 6. Discipleship

Each chapter contains quotes from Scripture and the *Catechism of the Catholic Church*, questions for reflection and discussion, a saint for the week, a Lenten practice, and prayer. There is also ample space for journaling, as well as a list of resources for further study.

There is a 30-minute DVD available for use with the book that will enhance use in parish programs and study groups. The DVD gives additional content on Lent, as well as brief presentations on the Year A readings for the Sundays of Lent. *Fast, Pray, Give* is an ideal resource for the RCIA. It can also be used for Lenten retreats and confirmation classes, as well as for staff and ministry enrichment in the parish.

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