

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.”

PRAY40 BOOKS

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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.

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](#).

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](#).

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.

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

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?

■ DAY 14 ■

Return

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

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?

■ 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?

“Heaven and earth will pass away,
but my words will not pass away.”

MATTHEW 24:35

■ DAY 22 ■

Midori

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

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?

■ 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?

■ DAY 30 ■

Story of Faith

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

■ 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?

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?

■ 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?

■ DAY 36 ■

Funeral

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