



## LENT 2020 CHALLENGE: Comfort Those Who Suffer

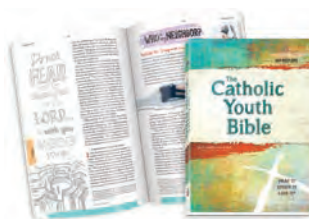
**John 11:35:**  
**"And Jesus wept."**

Jesus felt the pain of others. He calls us to offer comfort and support and to empathize with those who are suffering.

### Take Action!

- 🕒 **Be Present:** Make time to be with a person who needs support, and then be a listening presence. Check in with him or her frequently and let this person know you are thinking about them.
- 🕒 **Send a Card:** Send a handwritten note to someone who is suffering. Include a Bible verse or other meaningful quote in the note.
- 🕒 **Be Aware:** Read John 11:1–44 and reflect on the suffering of all in this passage. Identify people who are suffering today and say a prayer for them each day this Lent.

*This activity was adapted from the Catholic Youth Bible, 4th edition.*



What are  
*you*  
being called  
to do?