

## Video Presentations

### **Whole 40: Making a Spiritual Plan for Lent**

Institute faculty discuss the purpose of the season and how to plan to best experience it. 20 minutes.  
<https://app.formed.org/app/videos/1329430?cid=844981>

### **What Catholics Believe About Lent**

Fr. Scott Bailey, a parish priest from Denver, explains what we believe about fasting, ashes and the meaning of 40 days. 10 minutes.  
<https://app.formed.org/app/videos/3526394?cid=844981>

### **Jesus' Death in Light of Old Testament Sacrifices**

Institute faculty discuss how the sacrifices of the Old Testament prefigure and prepare us to understand the meaning of Jesus' death on a cross as an atoning for sin. 30 minutes.  
<https://app.formed.org/app/videos/795931>

### **Preparing for Holy Week, The Augustine Institute Show**

Institute faculty walk through the liturgies of Holy Week and discuss how to prepare our hearts for the events of the Passion. 30 minutes.  
<https://app.formed.org/app/videos/2088691>

### **Holy Week, The Augustine Institute Show**

Institute faculty discuss the spirituality of this sacred week. 30 minutes.  
<https://app.formed.org/app/videos/1432224>

### **Triduum: A Spiritual Pilgrimage**

A film walking through the locations of the Holy Week story. 30 minutes.  
<https://app.formed.org/app/videos/802166>

### **Holy Week in Rome: A Journey with the Pope**

See how Holy Week is commemorated in Rome through the centuries through rituals and art. 30 minutes.  
<https://app.formed.org/app/videos/581944>

### **Understanding Palm Sunday**

Institute faculty discuss the meaning of Jesus' riding on a donkey, significance of palm branches, the Hosanna, and how this event launched Holy Week and the redemption of the world. 30 minutes.  
<https://app.formed.org/app/videos/798146?cid=116302>

### **Jesus' Prophecy of the End of the Temple and the World**

Institute faculty describe what Jesus did on Holy Tuesday. 30 minutes.  
<https://app.formed.org/app/videos/798147>

### **The Last Days: The Passion and Death of Jesus Christ**

Jonathan Roumie portrays the events that occurred those days on stage with a live audience. 1 hour.  
<https://app.formed.org/app/videos/2652753?cid=844981>

## Additional Video Presentations

### **Holy Thursday: Jesus' Last Supper and Arrest**

Institute faculty offer a brief Bible study on these events. 30 minutes.  
<https://app.formed.org/app/videos/802210?cid=116302>

### **Jesus' Crucifixion**

Institute faculty prayerfully discuss the crucifixion and death of Jesus. 30 minutes.  
<https://app.formed.org/app/videos/796511?cid=712475>

### **Holy Saturday: Jesus' Descent into Hell**

Institute faculty unpack the events of Holy Saturday, which are often misunderstood. 30 minutes.  
<https://app.formed.org/app/videos/802211?cid=116302>

## E-Books

### **Meditations for Lent, Bishop Bossuet**

translated by Dr. Christopher Blum. 50 brief meditations to complement the daily Mass readings of Lent. 3-4 pages each.

### **Tears of God**

Fr. Benedict Groeschel. Fr. Groeschel wrote this book for all those who have faced great sorrow or catastrophe and those close to them. Addresses how to persevere. 3 hrs.  
<https://app.formed.org/app/audios/582409>

### **Jesus of Nazareth: Holy Week**

Pope Benedict XVI. Journey from His entrance into Jerusalem to the Cross and His rising from the dead. 8 hrs.  
<https://app.formed.org/app/audios/679179>



## Daily Email Reflection

### **Formed Daily Reflections**

Dr. Tim Gray, president of the Augustine Institute, gives a brief reflection on the Mass readings for the day. 4-5 minutes.  
<https://app.formed.org/app/collections/121221>



## **St. Justin Martyr Catholic Church** **LENTEN OPPORTUNITIES** **FROM FORMED.ORG**

### **Lenten Video Series at SJM**

**Restore: Lent with Sr. Miriam James, SOLT**  
Tuesday's at 6:30pm in the Church Gathering Space.  
Dates: Feb 24, March 3, 10, 17

### **In-Person Lenten Opportunities at Augustine Institute**

Feb. 21, Lenten Mini-Day Retreat  
March 7, Morning of Recollection  
March 27-29, Holy Week Retreat

More Info:

<https://www.augustineinstitute.org/about-pages/retreats-and-conferences>

## Stations of the Cross

### **Meditation on the Stations of the Cross**

Audio presentation by Dr. Ronald Thomas. 60 minutes.  
<https://app.formed.org/app/collections/116328>

### **Stations of the Cross by Saint Alphonsus Liguori**

Audio presentation by Dr. Christopher Blum. 30 minutes.  
<https://app.formed.org/app/collections/115751>

### **Formed Live: Understanding the Stations of the Cross**

Discussion by Institute faculty on the Biblical passages that form the basis of content for each station. 35 minutes.  
<https://app.formed.org/app/videos/797231>

## Audio Presentations

### **My Beloved Son: Meditations for Lent, Bishop Robert Barron**

Five sermons on spiritual disciplines we need to cultivate in Lent. Topics include our identity in God, thirst for Him, prayer as key to mission. 1 hr <https://app.formed.org/app/audios/582180>

### **Love - Sacrifice - Trust: He Showed Us the Way, Fr. Mike Schmitz**

Author shares important insights on the meaning of Christ's Cross and how God's rescue mission includes the need for each person to embrace his own cross in order to reestablish trust in the Father. 1 hr. <https://app.formed.org/app/audios/582140>

### **Holy Week**

Dr. Brant Pitre. Scriptural walk from Palm Sunday through the week to Easter. 1 hr.  
<https://app.formed.org/app/audios/607939>

### **Love Hurts: The Truth Behind Redemptive Suffering**

Michael Leonard. Discusses how the love of Christ gives meaning to human suffering, penance, and ultimately, death. 51 minutes.  
<https://app.formed.org/app/audios/582138?cid=844981>

### **The Shroud of Turin**

Institute faculty and guest discuss the history of the shroud and the scientific evidence for the authenticity of what is believed to be the burial cloth of Jesus. 20 minutes.  
<https://app.formed.org/app/videos/1314438?cid=844981>

### **I Thirst**

Institute faculty converse about Saint Mother Teresa's book walking with her through the 40 days of Lent. Seven 20-minute discussions. <https://app.formed.org/app/collections/766370>

### **Tears of Christ**

Daily reflections from St. John Henry Newman. 8 minutes each.  
<https://app.formed.org/app/videos/2070524?cid=765127>



## Children and Family Offerings

### **Living Lent as a Family**

Institute faculty converse with married couples about raising a Catholic family and what to do during Lent to celebrate our faith. Four 30-minute sessions.  
<https://app.formed.org/app/videos/1355491?cid=1136503>

### **A Lent to Remember**

Explores ways God reaches out to us with His mercy. (Segments pulled from the programs Forgiven and Symbolon). Separate session for children about how to make a good confession. Four 30-minute episodes.  
<https://app.formed.org/app/collections/115612>

### **Lent with Brother Francis**

Daily 2-minute reflections on various aspects of Lent.  
<https://app.formed.org/app/videos/1980852?cid=686627>

### **Brother Francis: Stations of the Cross**

An introduction to the traditional Stations and how thinking about them can bring us closer to Jesus. Includes 14 meditations designed for children. 40 minutes.  
<https://app.formed.org/app/videos/801767>

### **Marcum Prays the Stations of the Cross**

Special re-enactment of the Stations for the "littlest saints." 14 minutes. <https://app.formed.org/app/videos/3246885>

### **Minno Presents Holy Week and Easter Special**

Based on the Laugh and Grow Bible for Kids, presentation focuses on what Jesus did during that week. 30 minutes.  
<https://app.formed.org/app/videos/2658965>

## Video Series

### **How To Lent**

A new series that helps explain and practice the pillars of Lent: prayer, fasting, and almsgiving. Great to see before Lent actually starts! Four 15-minute episodes.  
<https://app.formed.org/app/videos/3512398?cid=1097022>

### **Return To the Lord: Augustine Institute Bible Conference Lent '22.**

Topics covered include the spirituality of Lent, the drama of salvation, grace as gift, almsgiving, and the 3 temptations of Jesus. Five 30 minute episodes.  
<https://app.formed.org/app/collections/1125762>

### **Holy Week: Augustine Institute Bible Conference**

Topics covered include preparing for Holy Week, the Last Supper, Agony in the Garden, Passion of Christ, Holy Saturday, and Resurrection. 7 episodes, length varies.  
<https://app.formed.org/app/videos/1425851?cid=1125788>

### **Into the Desert: A Lenten Study on Prayer**

Reflects that prayer is not always easy; encourages seeking the solution in Scripture, conversing with God. Discusses the various types of prayer and then putting love into action. Six 30-minute episodes.  
<https://app.formed.org/app/videos/576431?cid=115708>

### **Fearless: A Lenten Video Series**

Topics include facing fears with fortitude and faith, ways to manage fears, how Scripture answers common fears, fear of death and being "cancelled." Seven 25 minute episodes. <https://app.formed.org/app/videos/2590877?cid=1125461>

### **Return: Lent with Fr. John Burns**

Brief reflections for Ash Wednesday, each week of Lent, and Easter. Ten 7-minute sessions.  
<https://app.formed.org/app/videos/2557987>

### **Made for Heaven - Lent with Fr. Torres, CFR**

Reflections on each Lenten Sunday's Gospel reading. Nine 3-5 minute episodes.  
<https://app.formed.org/app/collections/984310>

### **Lent with Sr. Josephine Garrett, SFN**

Weekly reflections on the interior wilderness of our hearts and how to invite Jesus to heal us. Nine 3-5 minute sessions.  
<https://app.formed.org/app/collections/1107216>