

opusdei.org

# Lent and Holy Week: The Path to Easter

Some resources for drawing as much spiritual fruit as possible from Lent and Holy Week, in preparation for celebrating our Lord's resurrection on Easter Sunday.

02/28/2022

## LENT

- [Pope Francis: Message for Lent 2022](#)

- Lent: Path to Conversion:  
Address by Benedict XVI for Ash Wednesday, February 17, 2010.
- What is Lent?
- Good Books for Lent and Holy Week
- The Conversion of the Children of God: Homily of Saint Josemaria given on 2 March 1952, first Sunday of Lent.
- Lent with Blessed Alvaro:  
Extract from a letter written on 2 February 1985.
- Lent: a deep sense of reparation: Extract from a letter of Blessed Alvaro written in 1990.
- Christian Mortification: Praying in Body and Soul
- Lent: Pathway to Easter: An article about the centrality of the Paschal Mystery in Christian life.
- *The Way of the Cross:* A short book by St. Josemaria with points for meditation on each of

the stations of the *Via Crucis*, a devotion much cherished by the Church.

## HOLY WEEK

- "We are on the threshold of Holy Week": Extract from a 1993 letter of Blessed Alvaro sent to the Prelature's faithful.
- Holy Week: "He Loved Them to the End": An article on the triduum of Christ's Passion, Death and Resurrection.
- Reflections of the Prelate for Wednesday in Holy Week
- Stabat Mater Playlist: A "Soundtrack" for Holy Saturday
- Holy Saturday : A Day of Silence and Conversion: Reflections by Bishop Javier Echevarria, broadcast on EWTN radio in 2005.

## EASTER SUNDAY

- Easter: "I have risen and am still with you"
- "That my joy may be in you":  
Easter Audio Meditation of the  
Prelate
- Christ's Presence in Christians,  
an Easter Sunday Homily by St.  
Josemaria Escriva (With Text  
and Audio)

.....

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/article/lent-and-holy-week/](https://opusdei.org/en-ke/article/lent-and-holy-week/)  
(03/20/2026)