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“The Way” inspires Hallow's Lenten challenge

The Catholic prayer app Hallow launches its Lent challenge on Wednesday. This year, it is inspired by the founder of Opus Dei's “The Way.” The global challenge will be guided by well-known figures from around the world.

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Hallow, the most downloaded Catholic app in the world

Hallow helps people deepen their relationship with God through guided prayer, meditations for sleep, Bible readings, music, and more.

With over 800 million prayers completed across more than 150 countries and 22 million downloads, it is the #1 Catholic app in the world.

A Journey of Reflection with St. Josemaría and the Story of Takashi Nagai

The Lent Prayer Challenge for 2025 is inspired by *The Way*, St. Josemaría Escrivá's most well-known book, consisting of 999 points for meditation, which have transformed thousands of people's spiritual lives.

Through this challenge, participants will have the opportunity to grow in their relationship with God, strengthening their faith and sense of purpose during Lent.

The challenge will also highlight the inspiring story of the Servant of God Takashi Nagai, a Japanese doctor who converted to Catholicism and survived the atomic bombing of Nagasaki. Despite that horror and devastation, Nagai found hope in his faith and dedicated his final years to prayer and peace. His testimony of forgiveness and redemption shines as a beacon of light in times of darkness. It is a story that must be heard to be believed.

Lent with Hallow: 1.7 Million People from Over 150 Countries

Last year, more than 1.7 million people participated in Hallow's Lent challenge, making the app hit #1 on the Apple App Store on Ash Wednesday.

This year, the challenge will be available in eight languages and aims to bring together participants from more than 150 countries. To mark

the beginning of Lent, Hallow will illuminate the Christ the Redeemer statue in Rio de Janeiro, a powerful symbol of faith and prayer for the entire world, in purple.

Register for Hallow's Lent Pray40: The Way

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