

**SUNDAY LENTEN COURSE**  
**Newman on Lent: Conversion, Conscience,  
and the Cross**

**Primary Text:**

*Newman on Lent: Meditations and Sermons*  
by **John Henry Cardinal Newman**

**Course Aim**

To guide souls through Lent as the Church intends it: a season of interior conversion, moral seriousness, and union with Christ Crucified, using Newman's preaching on conscience, repentance, sacrifice, and perseverance.

**STANDARD SUNDAY FORMAT (60 MINUTES)**

- Opening Prayer & Scripture – 5 min
- Teaching (Newman-based) – 30–35 min
- Guided Reflection / Discussion – 15 min
- Weekly Resolution – 5 min

**SUNDAY 1: LENT AS A CALL FROM GOD**

*“Now Is the Acceptable Time”*

**Newman Focus**

- Lent as urgency, not routine
- The danger of delayed repentance

- God's mercy does not cancel responsibility

## **Teaching Themes**

- Why the Church interrupts ordinary life with Lent
- Newman on spiritual procrastination
- The illusion of “later” in matters of salvation
- External religion vs. interior conversion

## **Reflection Questions**

- Where have I delayed obedience to known truth?
- What change have I postponed year after year?

## **Weekly Resolution**

- Schedule Confession during Lent
- Identify one concrete habit that must change now

## **SUNDAY 2: NSCIENCE: GOD SPEAKING WITHIN**

***“Light Enough to Condemn, Enough to Save”***

## **Newman Focus**

- Conscience as the voice of God
- Difference between conscience and emotion
- Why modern man fears silence

## **Teaching Themes**

- Newman's definition of conscience
- How conscience is dulled by habit and excuses
- The necessity of silence and examination
- Why ignoring conscience leads to spiritual blindness

## **Reflection Questions**

- Do I obey conscience or explain it away?
- What truth do I already know but resist?

## **Weekly Resolution**

- Daily examination of conscience (10 minutes)
- Reduce distractions that numb interior awareness

## **SUNDAY 3: SELF-DENIAL AND THE CROSS**

*“No Cross, No Crown”*

## **Newman Focus**

- Christianity necessarily involves sacrifice
- Voluntary vs. involuntary suffering
- Interior mortification

## **Teaching Themes**

- Why Christ did not save the world comfortably

- Newman on discipline of the will
- Mortification of speech, pride, impatience
- Comfort as an enemy of spiritual strength

### **Reflection Questions**

- What comforts govern my decisions?
- Which crosses do I avoid most?

### **Weekly Resolution**

- Choose one sustained mortification for Lent
- Accept daily inconveniences without complaint

## **SUNDAY 4: SIN, JUDGMENT, AND TRUE REPENTANCE**

*“God Is Merciful and Just”*

### **Newman Focus**

- The seriousness of sin
- Presumption vs. repentance
- Fear of God as a gift

### **Teaching Themes**

- Why modern religion avoids judgment
- Newman on presuming on God’s mercy

- Contrition vs. regret
- The necessity of confession and amendment

### **Reflection Questions**

- Do I fear sin itself or only its consequences?
- Have I confused God's patience with approval?

### **Weekly Resolution**

- Make a careful, honest Confession
- Perform a hidden act of penance

## **SUNDAY 5: SHARING IN THE PASSION OF CHRIST**

### ***“To Suffer With Him”***

### **Newman Focus**

- Participation in Christ's suffering
- Redemptive value of trials
- Offering suffering for others

### **Teaching Themes**

- Why God permits suffering in the faithful
- Newman on endurance and purification
- Uniting daily trials to Christ's Passion

- Love proven through sacrifice

### **Reflection Questions**

- What suffering am I being asked to unite to Christ?
- Do I waste suffering through resentment?

### **Weekly Resolution**

- Offer one ongoing trial for another soul
- Daily prayer before a crucifix

## **SUNDAY 6: PERSEVERANCE AND FIDELITY**

*“Will You Also Go Away?”*

### **Newman Focus**

- Perseverance when consolation fades
- Fidelity without applause
- Remaining with Christ to the end

### **Teaching Themes**

- Newman on endurance in the spiritual life
- The loneliness of Christ in His Passion
- Why many turn back
- Carrying Lent beyond Easter

## **Reflection Questions**

- What must permanently change after Lent?
- What spiritual practice must continue?

## **Final Resolution**

- Commit to one lasting discipline
- Enter Holy Week with intention and silence