

The 2019 Message of Pope Francis for Lent is titled "*For the creation waits with eager longing for the revealing of the children of God*"

(Rom 8:19). In his message, the Holy Father invites the entire Church to experience a journey of conversion. "All creation is called, with us, to go forth 'from its bondage to decay and obtain the glorious liberty of the children of God' (Rom 8:21). Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving."

[Link to the Message](#)