

# Lent

- 40 Days of repentance and conversion
- Catechism - to know him and to love him and to serve him
- St Catherine of Sienna – “One who knows more, loves more”

## Goal

To know Christ better this Lent, so you can love God and your neighbor more each day.

# It's a period of 40 days. Why 40?

Typical period of purification in the Bible. Noah; Moses fasted before receiving the Ten Commandments; Elijah flees and walks for 40 days and nights; Jonah warns the city of Nineveh; the time in the desert after the Exodus; and Jesus in the desert.

Luke 4 – The Temptation of Jesus in the Desert

# What do we do for Lent?

1. Fasting
2. Giving something up (Self denial)
3. Almsgiving (Charity)

# Fasting – What is required?

- Fasting on Ash Wednesday and Good Friday
- Abstaining from meat on Ash Wednesday and all Fridays.

## What does it mean to fast?

- One full meal and two small meals not equal to a full meal.
- No snacking between meals and no late desserts

# Giving something up

Is there something keeping you from a closer relationship with God and family?

What should you give up?

# Almsgiving (Charity)

- Example – giving up Starbucks and giving money to the needy
- What can you do for others?

# Some Suggestions

- Personal prayer time – add 5 minutes or start if you don't already.
- Adoration - quiet time with Jesus
- Stations of the Cross
  - (St Mary's has this every Friday at 1PM and 7:30PM)
  - (Good Friday – at Noon and 7:30PM)
- Pray the Rosary (start with a decade if you don't pray it already)
- Daily Mass – once a week if possible
- Confession
  - “The Light is on for you” – every Wednesday evening 6:30-8PM)
- Additional reading – pubs and books.
- Pick something every day you haven't used in a long time. At the end of Lent donate the 40 items.
- Don't buy anything you don't need