

## What are you doing for Lent?

Lent is a time to prepare our hearts for Christ's death and resurrection. It is observed for 40 days before Easter, signifying the 40 days Jesus spent in the desert before his public ministry. The Church encourages us to focus on the following 3 pillars. These are ways we can and always should be living out our faith, but the Church, in her wisdom, knows we get busy and forget, so this season is the time to build or re-build good habits into our daily lives. Take some time to pray, reflect and create your Lenten goals for each pillar.

**prayer:** As Christians, we seek an intimate relationship with Jesus Christ and we do that through daily prayer, which is simply talking to God. *(some examples: begin and end each day in prayer, pray Lectio Divina with scripture daily [see Adoration booklet for Lectio Divina guide], pray the Rosary daily, etc.)*

**fasting:** Removing something from your life. The longing for what we have given up, reminds us of the innate human desire for an eternal love & fulfillment that is only found in Christ.  
"Fasting without prayer is dieting." – Jackie Francois  
*(some examples: fast from certain food or drink, fast from social media, complaining, Netflix, Starbucks, etc.)*

**almsgiving:** Giving of our **time, talent & treasure** to God. *(some examples: volunteering, using your gifts to serve others, donating unneeded items to people in need, use that money you saved on Starbucks and give to a charity, etc.)*