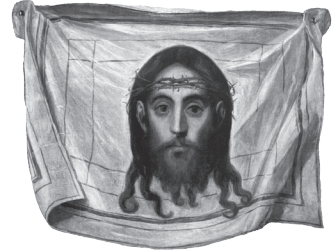


LENT IS COMING

Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (cf. Matt 4:1-11, Luke 4:1-13). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.



DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY

Consider the following categories on what you should do for Lent.

1. VOLUNTARY AMENDMENT OF LIFE: Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit forever and Lent is a good time to do it. Love your soul more than your body!

Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc...

In this category I am going to do _____

2. ACTS OF PENANCE: Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big temptations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!

Examples: Avoid eating or drinking something you enjoy, such as desserts. Give up eating out, taking hot showers, drinking alcoholic beverages, etc...

In this category I am going to do _____

3. WORKS OF CHARITY: Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Beloved Church. Ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!

Examples: Pray the Rosary every day, attend daily Mass as much as possible, read the Sacred Scriptures _____ minutes a day, spend _____ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament or some shrine of Our Lady, etc...

In this category I am going to do _____

I plan on making a good confession by this day during Lent: _____