

## 10 WAYS TO GET MORE OUT OF LENT

- 1. Give a special Lenten setting and flavour to your morning and night prayers** – Stations of the Cross, and other reminders of the sufferings of Our Lord and His sorrowful mother, Doiores Rosary on the seven sorrows of OL amongst other prayers. Gratitude for Redemption wrought.
- 2. Attend Holy Mass and receive Holy Communion each day of Lent if possible** – Each day in Lent the Church assigns a special Mass, to attend Mass each day is to make a 40 day retreat. If not possible, read Mass texts each day and reflect upon them.
- 3. Enter upon each day's work in the same spirit of obedience to God with which Christ entered upon His passion.** –We can receive graces if we accept whatever comes and be like Our Lord willingly carrying the cross to Calvary and accepting all the humiliations and deprivations.
- 4. Make every meal you take during Lent a reminder of the fast and abstinence by which the Church asks and commands you to share in the suffering of Christ for your sins.** –Recall one's need of penance, e.g. no desserts at all in Lent.
- 5. Set aside each day some time for making the way of the Cross or for meditating upon the Passion of Our Lord** –most effectively by making the Stations of the Cross, in imagining one is in the crowd following Christ to Calvary or by meditation on the passion of Christ.
- 6. Be especially prepared during Lent, to accept and use every temptation that assails you as an occasion for declaring yourself on the side of Christ and dedicated to His love forever** –During Lent particularly the devil even more wants us to go astray and spoil all the good resolutions we made, promises to keep, sacrifices to make for our sins and those of others. Declare that one loves God alone!
- 7. Lessen the influence of worldliness and secularism upon your soul by turning way, at least for certain periods the voice of its spokesmen the newspapers, magazines, radio and television.** –we have to turn off the messages of this world for a moment to give time to think about the next.
- 8. Manifest your realization that as a Catholic, you belong to the mystical body of Christ and are therefore united in a bond of life and love with other Catholics by attending as many Lenten services as possible.** – Lent is not a private affair, attend the Stations, an extra Mass, pay a visit to a church, pray before the Blessed Sacrament, Christ wants us to worship Him together.
- 9. Resolve that during the forty days of Lent, you will learn something about your Catholic religion that you did not know before, by regular spiritual reading and study.** Half an hour a day to study some spiritual book instead of watching television or doing recreation.
- 10. Make a point of practising some special form of charity towards others in need during Lent** –especially avoid sins against charity, of gossip, detraction, anger, hatred and revenge. But also works of charity. To grow in the love of Christ means also making a garment of good works! Be like St Catherine of Siena: “Eternal God, accept the sacrifice of my life for the mystical body of thy Holy Church.” Amen.