

40
days
of Lent



The Season of Lent may share the liturgical color purple with Advent, but it is very different: there are no greeting cards or jovial carols for Lent, no colored lights, etc. Lent is a season for serious and prayerful contemplation about our spiritual lives. Lent is a season for change.

We are asked to fast and sacrifice as reminders of Jesus' suffering and death on the Cross. We are further urged to give more of our time and treasure to the poor and needy. Following these three pillars of our Lenten devotion—*Prayer, Fasting, and Almsgiving*—will open our hearts to the needed changes—maybe even transformations—of our spiritual lives, as we enter into a deeper covenantal relationship with God and prepare to celebrate the Resurrection of the Lord on Easter Sunday.

Lent is a time to examine our faults, our failures, and our sins. Where can we improve? How can we avoid sin and do good? These and other questions can prepare us for the Sacrament of Reconciliation as we experience the Pascal Mysteries during Holy Week. Lent is the ideal time to confess our sins, show true remorse, and make the necessary changes in our lives that help us grow closer to God and avoid returning to our previous “old, sinful” ways of life.

So take some time to set realistic and achievable goals for your Lenten journey. Choosing practical and doable goals is the best way to avoid setting the bar too high and being disappointed. (Remember those lofty New Year resolutions that we never got to?)

Ten or fifteen minutes of prayer a day is probably a more realistic option for some of us, than a nine-day novena or a trip to the Stations of the Cross in the San Luis Valley. Whatever you desire to do, do it with love, enthusiasm, wholehearted commitment, and an eye toward letting the Holy Spirit work within your heart.

WISHING YOU A HOLY, REWARDING, AND LIFE-CHANGING LENT!

