

How we can spend this time of Lent to grow closer to Christ and Christian discipline.

PRAYER

- Make efforts to attend Mass every day.
- Pray the Holy Rosary.
- Read the Bible.
- Pray the Stations of the Cross
- Forgive and Pray for those who have hurt you.
- Humble and sorrowful confession.

FASTING

- Think about a habit/addiction that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
- Disconnect from social media.
- Fast by eating healthy and as a family.
- Fast from worry, anxiety, and bitterness
- Fast from insensitive, cruel comments about others and gossiping.
- Fast from pessimism and complaining, from judging others and negativity.
- Fast from anger about things and hostility towards people
- Fast from self-righteousness and grudges
- Fast from greed and deceit
- Fast from envy and arrogance.

ALMSGIVING: money, goods, acts of charity

- Make alms giving during this lent by contributing to Annual Ministries appeal 2021 (Bishop's appeal).
- Take great care for service to the sick and needy in our family and neighborhood.