



# **EMBRACING LENT**

## **PRAYER, PENANCE, & THE POOR**

24

### **PRAYER**

READ SCRIPTURES [GOSPELS IN SEQUENCE]

ROSARY [SORROWFUL MYSTERIES DAILY... INTEGRATE W/STATIONS]

DAILY QUIET TIME [ESPECIALLY IN HOLY COMMUNION]

STATIONS ON FRIDAYS [TRY DIFFERENT SET EACH WEEK?]

INCREASE DEVOTION BY A "HALF STEP"...& HOLD GROUND!

### **the POOR**

DO YOUR HOMEWORK... GIVE TILL IT STINGS... "TOUCH"

### **PENANCE: SACRAMENT OF CONFESSION!!!**

### **FOOD & DRINK**

REQUIRED FASTING  
AND ABSTINENCE

DESSERTS

JUNK FOOD

DINING OUT

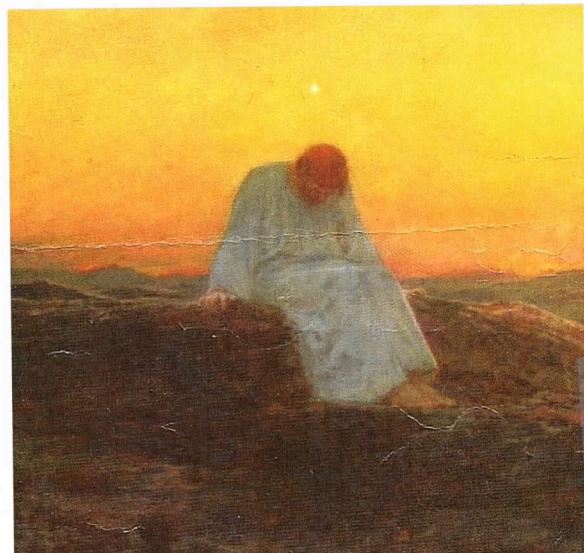
HEALTHY FOOD

PORTION CONTROL

ALCOHOL

SOFT DRINKS... [COFFEE]

BEST SUGGESTION; **SIMPLIFY... DETACHMENT IS OBJECTIVE!**





**EXCEPTIONS & "HOLY FLEXIBILITY"**

WOMEN PREGNANT OR NURSING  
HEALTH ISSUES  
COLD OR FLU  
EXTRAORDINARY SITUATIONS [GREAT AUNT MABEL & DESSERT]

**BUT NOT JUST ABOUT FOOD...**

**SCREENS!!!**

**ENTERTAINMENT**

"TECHNOLOGY FAST"

– unnecessary use of computer/phone/internet  
--ESPECIALLY FRIVOLOUS SOCIAL MEDIA

NEWS, TELEVISION, MOVIES, "SURFING THE NET"

GOSSIP

**MUSIC**

**NOT JUST ABOUT GIVING UP "STUFF":  
... TRY DOING SOMETHING**

**SLEEP & EXERCISE**

RESOLVE TO GIVE YOUR BODY  
WHAT YOU ARE SUPPOSED TO

**READING**

SCRIPTURE AND SPIRITUAL CLASSIC

**PARTICULAR FAULTS**

INTENSIFIED FOCUS ON YOUR "USUAL"  
AND ANOTHER...CERTAIN IMPERFECTIONS OF BEGINNERS

**"GAUDETES, LAETARES, FEASTS & SOLEMNITIES"**

**PLAN YOUR OAISES –HOLY FLEXIBILITY** [AKA "CHEATS"]

**LAETARE SUNDAY, ST. PAT'S, ST. JOSEPH, ANNUNCIATION**

**THE "KEEPER"**

NOT "WHEW, ENOUGH OF THAT!"

HOLD ON TO **ONE** WHEN LENT IS OVER...

**INCREASE DEVOTION BY A "HALF STEP" & HOLD the GROUND**

