

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. Every Christian should make a special effort to strive for holiness during this 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 2007.

1. **VOLUNTARY AMENDMENT OF LIFE:** Give up those things that I need to give up sooner or later, namely bad habits. My goal here is to break a bad habit for ever and Lent is a good time to do it.

Examples: Gossiping, watching T.V., over eating, eating between meals, drinking habits, complaining, saying bad words, not getting up on time, computer games, and so on.

In this category I am going to do _____

2. **ACTS OF PENANCE:** Perform some kind of penance. My goal here is to train myself to say "no" in little things so that I can say "NO" to big temptations later. I may resume doing the things I have given up here once Lent is over.

Examples: Drinking soda, eating chocolates, giving up T.V. altogether for Advent, giving up computer games, etc...

In this category I am going to do _____

3. **WORKS OF CHARITY:** Perform some good and holy action. My goal here is to strengthen my relationship with Christ and His Church. Perhaps what I start here could continue in some way even after Lent is over.

Examples: Pray the Rosary everyday, attend daily Mass, read the Sacred Scriptures _____ minutes a day, spend _____ additional time everyday with my family, read a life of a saint or saints, increase spiritual reading in place of T.V. viewing, make a daily visit to the Most Blessed Sacrament.

In this category I am going to do _____

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