

## **He must increase, but I must decrease...Lent made easy .....**

*Ok maybe not easy but here is a very simple plan you could use to grow this Lenten season. Let's remind ourselves that Lent is about coming closer to Jesus Christ and preparing ourselves to celebrate the ultimate Christian mystery, the resurrection of the Lord. It's a kind of 40 day retreat.*

### **Exercises for Lent 2017:**

- Make a Schedule before Lent starts including time for the following.**
- Confession before Holy Week.**
- Commit to a daily prayer time for all 40 days.**
- Give something up. Sacrifice helps us surrender.**
- Add something in. For example daily rosary, holy hour, daily mass etc.**
- Concentrate on fighting one particular sin or temptation you struggle with.**
- Read a spiritual book.**
- Pick a Saint to learn about and get to know.**
- Pick a virtue to learn about and strive for.**
- Pick a scripture verse to memorize, meditate on and pray during Lent.**
- Read the Triduum Mass readings ahead of time.**

*This is a very achievable but intense Lenten program. If you plan it out ahead of time it's reasonable and won't seem all that daunting. With the good intentions and spirit these practices will bring us into deeper surrender and prepare us well for the Easter mystery*

**LOVE LIFE**  
**LIVE  LENT**  
**TRANSFORM YOUR WORLD**