

# 5 FOOLPROFF WAYS TO LIVE LENT



## † MAKE A REASONABLE RESOLUTION

- If you are not a morning person but you say you will get up at 3 a.m. to pray 5 rosaries it probably won't work. Maybe get up 15 minutes earlier.
- If you already pray three rosaries a day then add a different prayer practice
- A reasonable prayer life means praying in the morning and at night for a firm foundation.

## † ASK A FRIEND OR FAMILY MEMBER TO HOLD YOU ACCOUNTABLE

- We need the help of other people. Ask a good friend or family member to journey with you this Lent.
- Ask them to encourage you and challenge you with your Lenten Resolutions.

## † BE RECEPTIVE TO GOD

- We need space for silence in our prayer life.
- We can pour our hearts out to God but we have to have silence to hear what God has to say to us.

## † KNOW WHERE TO PUT YOUR FOCUS

- The object of all our devotions, our prayer, fasting and almsgiving is God.
- A holy image where you pray is helpful because it helps us recognize the object of our prayer is God.

## † DO NOT GIVE UP

- Perfection is the enemy of good.
- Sometimes prayer is boring, dry, distracted or rushed but that doesn't mean we should quit.
- Pray to the Holy Spirit to help you keep going!

### FATHER BYRD'S QUOTE:

"Lent is absolutely worth it because it helps us draw closer to the Heart of God. Through His grace we are changed and transformed."