

LENT 2022

Whatever you are giving up, whatever you are turning away from this Lent, be intentional about that which with you are replacing it. Replace it with something that turns you towards the Lord.

Every time we say no to something, we are saying yes to something else. Even when we don't realize it. So when we are giving up coffee, or social media, we're going to be tempted to fill that desire with something else. Prepare for that moment, for that desire, and have a replacement ready that turns you towards the Lord.

If you are giving up podcasts, YouTube, or T.V., replace it with a daily homily, Mass, Rosary, or Divine Mercy chaplet.

If you are giving up complaining or gossiping, replace it with prayers of praise and gratitude. Keep a prayer journal, and write down things for which you are grateful each day.

If you are giving up shopping, replace it with more time spent in prayer or listening to a fruitful podcast such as Abiding Together or Restore the Glory.

If you are giving up any food or drink items, when you are tempted, pray for those who are hungry, those in need, those who feel forgotten, or the souls in Purgatory.

If you are giving up social media, replace it with reading the daily Mass readings, a daily devotional, or the Bible in a Year podcast.

What are you going to say yes to this Lent?

Hanna Hay