

Lent:

A season specially focused on archiving closer union with Christ

Tips:

1- Examine

Examine what part of yourself you want to change. Our individual decisions form habits. The aggregate of our habits forms our character. What part of your character would you like to change? You can do so by changing habits, which you can change by making different individual choices.

In the three weeks leading up to Lent, focus on what habit you want to change in yourself.

That decision can guide you as to what sort of discipline to embrace during Lent.



2-Wean:

Many people give something up for Lent. Giving something up can be a great way of gaining control over ourselves, as long as we do so responsibly and with a prayerful attitude.

In the three weeks leading up to Lent, start weaning yourself off what you are planning to give up, especially if you are very dependent on whatever that will be and going cold turkey would be very challenging.

3-Celebrate:

Since Lent is a penitential season, historically people have engaged in merry-making before the season begins.

The pre-Lenten merry-making makes sense only if we really observe the penitential dimension of Lent. If you plan to do so, then by all means take part in good-natured celebrations of Marti Gras. Just don't sabotage your pre-Lenten preparations.

