

LENT

PREPARATION GUIDE

During Lent, Christians devote themselves to scripture reading, prayer, fasting and almsgiving. The purpose is to become aware of the vices that trap us and the virtues we desire to grow in order to becoming more like Christ. We do this not from obligation, but as response to God's love and the deepening of his life in us.

Exploring habits: Vice and Virtue

What is the habit I want to change? Can I identify a vice that drives the habit?

What is the virtue I desire in becoming more like Christ?

What practices can help me starve the vice and feed the virtue?

Read

What reading habits do I choose?

How often?

Pray

What prayer practices do I choose?

How often?

Fast

What will I fast or give up?

How often?

Give

What will I give? To whom?

How much?