

The Pray More Lenten Retreat



A Lent Well Spent

by Elizabeth Ficocelli

“When you put Jesus first, others second, and yourself last those first three letters are J-O-Y and that spells joy.”

– St. Mother Teresa of Calcutta

Reflective Questions

- Lent is a time for transformation to make us more holy. What do you think you need to work to transform in yourself the most this Lent? Is God calling you to something specific?
- Prayer is one of the pillars of Lent. Examine your prayer-life and think of ways that you could deepen it. Wherever you are beginning from just try to pray more and be more intentional with your prayers.
- Fasting is another pillar of Lent. Challenge yourself to take your Lenten fasting seriously because fasting is the most powerful form of prayer that there is! In addition to

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fasting on Ash Wednesday and the Fridays during Lent, when or from what else could you fast? At the end of Lent reflect on your fasting and examine the power that fasting had in your life.

- The third pillar of Lent is almsgiving. Many churches struggle to keep the lights and the heat on because everyone doesn't tithe. Take time this Lent to look at what you have (monetarily and otherwise) and see what you can give to the church and to other charities. If the recommended 10% tithing is too much for you, consider donating your time volunteering with the church at a soup kitchen or donating gently used clothes or kitchen items. Tithing your money, material items or your time and talent can bring great joy to you and to those that you help.
- Referencing the above quote by St. Mother Teresa of Calcutta, putting Jesus first, others second and yourself last will bring you great joy. Think about the people in your life and the people you love the most. How often do you think of their needs above your own? Do you know their needs? Challenge yourself, this Lent, to love others more fully and unconditionally. Pray to God to ask him to love them through you.
- To make your Lent promises more concrete and to hold yourself accountable to your promises make a list of your Lenten promises and post them somewhere you will see them every day. Perhaps, you can share it with a friend or

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with your family and do Lenten activities together. At the end of Lent, examine your experience. Was this a helpful way to help you deepen your experience of Lent?