

40 WAYS TO BE THIS LENT

Oftentimes we are tempted to do more during Lent. For Lent 2020, why not focus on being. Allow Lent 2020 to be a season of emptying, opening, and decluttering of schedules, minds, and hearts to make room for what God has in store for us through the fruits of the Holy Spirit* – which is always immeasurably more.



01 BE PRESENT.

Begin Lent by being present at Ash Wednesday Mass. As you receive the ashes in the sign of the cross, commit to remembering that feeling of the cross on your forehead and what Jesus has done for us in giving His life so that we may have eternal life.



04 BE PRAYERFUL.

Choose something more difficult to give up during Lent, perhaps something that will give you more time to pray, such as giving up time on social media or television.



07 BE GENEROUS.

On days that you commit to fast, place any money saved from skipped meals into a jar. Decide as a family where you would like to contribute the money at the end of Lent.



02 BE REPENTANT.

Sit quietly and open your heart to God. Think about the fruits of the Holy Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control) that you need most. Ask God for forgiveness and find an opportunity to receive the healing Sacrament of Reconciliation.



05 BE GRATEFUL.

St. Paul encourages us to "Rejoice always." In a journal, make a list of 3 things that you are grateful for each day. Gratitude helps us to find joy in every circumstance.



08 BE IN THE MOMENT.

At the dinner table or when you are with your friends, put your cell phone away and really listen to what your family and friends are saying.



03 BE LOVED.

Love is the first in the list of the Fruits of the Spirit. Meditate today on Jesus and His deep love for you as the beloved, and love others in His love.



06 BE HUMBLE.

Go to confession. Draw closer to Christ through the Sacrament of Reconciliation.



09 BE PEACEFUL.

Find opportunities for Adoration at local churches and spend time with Jesus in the Eucharist. The world is noisy, and it is difficult in the noise to hear His still, small voice. Enter into silence with Him, the One Who loves you!



10 BE WATCHFUL.

Find out if there are people preparing to enter the Church in your parish this Easter. Pray for all those throughout the diocese who will become part of the Catholic Church this Easter!



11 BE COMPASSIONATE.

Almsgiving is a big part of Lent. Consider giving to those who have less. God is never outdone in His generosity.



12 BE INTROSPECTIVE.

Cut back on TV and Netflix and use the extra time to read Sacred Scripture or books on the Catholic faith.



13 BE PLAYFUL.

Sign up to be part of the Family Bible Challenge at the Leadership Institute. Visit www.familybiblechallenge.org to learn more.



14 BE OUTSIDE.

Explore the great outdoors and thank God for the gift of His creation.



15 BE PATIENT.

When you feel a sense of frustration or anger towards someone, take a deep breath, count to 10 and then ask Jesus to help you react with kindness and patience.



16 BE THOUGHTFUL.

Open your heart to God and allow Him to direct your prayers to a particular person this Lent. Pray for that person each day during Lent. Write down your prayers for them and then let them know that you were praying for them.



17 BE QUIET.

Ask God what He is saying to you personally through the Gospel reading. Is there a word or a phrase that stands out to you? Write these in a journal.



18 BE AT MASS.

The Eucharist provides the grace, the life of Christ in us, to help us navigate this world. Try attending one additional Mass each week.



19 BE APPRECIATIVE.

Think of someone who has been helpful or particularly kind to you. Let the person know how much you appreciate him or her.



20 BE KIND.

Rather than a "random act of kindness," plan intentional ways to show people kindness through doing a favor, sharing a word of encouragement, or helping them.



21 BE COMMITTED.

If you have been challenged in your commitment to "give up" something, challenge yourself to start again.



22 BE WITH THE WORD.

Choose a verse of Scripture to memorize. Set it as the screensaver or wallpaper on your phone. Each time you open your phone, take the opportunity to remember the verse.



25 BE GOOD.

Ask God to help you with a particular sin in your life. Confess the sin and then know that He gives you the grace to resist the temptation.



23 BE THANKFUL.

Remember a time when you were struggling, and God helped you in the struggle or when you particularly felt His presence with you. Thank Him.



26 BE FREE.

Choose an area in your home to clean out. Donate or throw away items and discover how cleaning our physical space can help us to clean out the clutter in our minds and hearts.



24 BE BOLD.

Tell a friend or family member a story of how your faith helped you in a particular situation.



27 BE SILENT.

Find a quiet place to spend a few minutes in silence each day. Each day add a few more minutes. Then a few more...



28 BE GRACIOUS.

Find an opportunity to thank the priests and other parish leaders in your life through cards, words of encouragement or inviting them for a meal. Thank Jesus for their sacrifice.



29 BE THINKING.

Pray for men to hear and answer the call to the complete self-gift of the priesthood. Pray for women to consider a life consecrated to God.



30 BE FAITHFUL.

Remember to have confident hope in all situations and encourage others to trust. Jesus, I trust in You.



31 BE AT THE CROSS.

Pray the Sorrowful Mysteries with your family. Use a Scriptural Rosary and think of one Bible verse per bead.



32 BE A FRIEND.

Invite someone to join you for Easter Mass and include this person in your family celebration of Easter.



33 BE AWARE.

Holy Thursday, Good Friday and the Easter Vigil are beautiful opportunities to remember what Christ has done for us and to enter into His passion, death, and resurrection!



34 BE FORMED.

Is there a particular teaching of the Church that challenges you? Bring your questions or concerns to your pastor and ask him to help you better understand the teachings.



35 BE GENTLE.

When you are tempted to be angry or harsh with someone, ask the Holy Spirit to give you the gift of gentleness.



36 BE OPEN.

Spend time on Holy Thursday at St. Augustine Cathedral. Hear the priests renew their sacred promises and pray with the Bishop as he blesses the Holy Oils to be used in the coming year.



37 BE ENCOURAGING.

Help the people around you to know the Lord's kindness and faithfulness by sharing your faith and encouraging them.



38 BE AT PEACE.

Confession will be available in many parishes during Holy Week. See the diocesan website for locations and times.



39 BE SELF-CONTROLLED.

Know that your fasting and prayer helps build perseverance as you trust in and rely on His power at work within you.



40 BE JOYFUL!

Alleluia! We are an Easter people, and Alleluia is our song! Continue to celebrate the resurrection of Jesus every day!

*See Galatians 5:22 and section 1832 of the Catechism of the Catholic Church to learn more about the fruits of the Holy Spirit.



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