Lent
The Fruits of Sacrifice, Fasting & Purification

CATHOLIC FAITH FORMATION

Sancte Michael Archangele

The St. Michael Prayer Saint Michael The Archangel

- The Traditional Benedictine Monks of Our Lady of Guadalupe Monastery, Silver City, New Mexico.

What 5 Saints Did for Lent – Ascension (Melissa Keating)

Giovanni Domenico Tiepolo, sourced from Wikimedia Commons

What 5 Saints Did for Lent - Ascension

- What 5 Saints Did for Lent
- St. Benedict: Restricting meals, read a spiritual book consecutively
- Blessed Pier Giorgio Frassati: Fasting from sweets and a retreat
- Servant of God Dorothy Day: Pray daily to give up a vice
- Philip Neri: Nightly prayer and daily conversations with strangers
- St. Faustina: Slept without a pillow, fasted, prayed the Divine Mercy Chaplet

The Joy of Lent – Catholic Net - link

- Jesus said to his disciples: “Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your almsgiving may be in secret. And your Father who sees in secret will repay you. When you pray, do not be like the hypocrites who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go into your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. When you fast, do not look gloomy like the hypocrites, they neglect their appearance so that they may appear to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.”

The Joy of Lent

- **1. Prayer, Fasting, Almsgiving:** As we begin the Lenten season, we are reminded of the need to make reparation for our sins and be reconciled with God. Any attempt to build a spiritual life that neglects the pillars of prayer, fasting and almsgiving is building on sand. Prayer purifies our intentions and relates all we do to God. Fasting detaches us from our comfort and from ourselves. Almsgiving reflects our brotherhood with the poor of Jesus' family and reminds us that our true wealth is not in things, but in the love of God. We all need to do a reality check on our spiritual lives to make sure we are committed to prayer, fasting and almsgiving.

The Joy of Lent

- **2. Lose the Show:** Jesus is severe in criticizing the hypocrites who parade their works before others to get attention. Such parades are of no use in pleasing God or making up for our sins; they only add to our sinfulness. He encourages us to pray in private, to fast and give alms in secret, without calling the attention of others to what we are doing. In this way we can be sure we are doing all for love of God and not for love of self. Those who make an outward show of piety or generosity "have already received their reward" in this world, and they store up no treasure in heaven. Let us work silently and discreetly, with no other intention but pleasing God alone.

The Joy of Lent

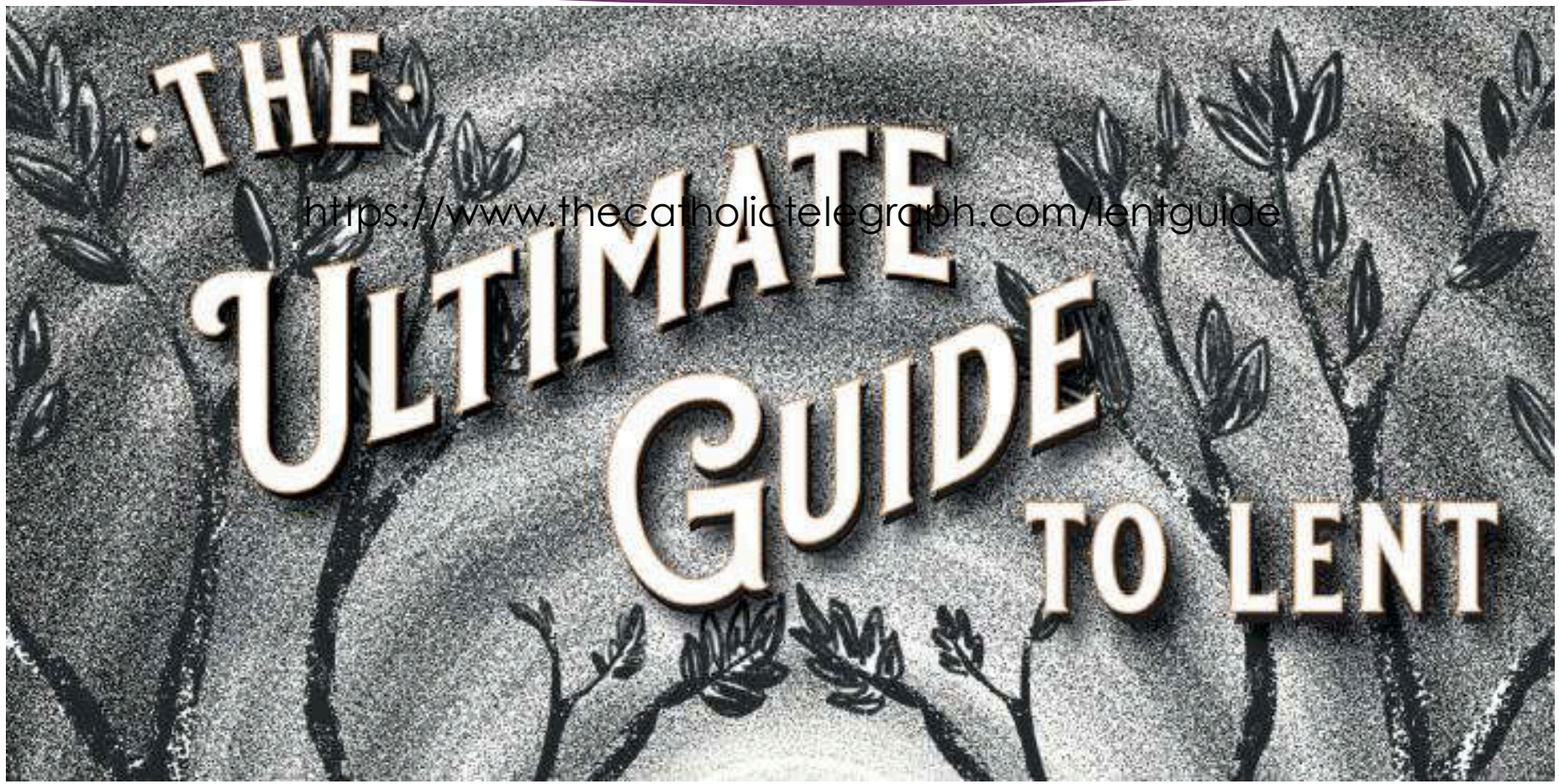
- **3. Joyful Sacrifice:** Nothing brings us closer to Christ than walking alongside him and doing the things he did for love of God the Father. During Lent, God invites us to purify our hearts and minds and to turn our intentions back to him. Christ's public ministry was lived each day in loving obedience to the Father's will. Our Lenten program should reflect that same simple, yet demanding, obedience and love. What can I do for God today? What sacrifice can I offer that will be pleasing to him? Once I decide on it, I will carry it out with no one else knowing.

The Joy of Lent

- **Conversation with Christ:** Jesus, give me the grace to begin this Lent with great enthusiasm and love. Help me live it with joy, knowing that I am living it in your presence to please you and you alone.
- **Resolution:** I will make a Lenten program of prayer, fasting, and almsgiving.

Ultimate Guide to Lent 2021

- Archdiocese of Cincinnati



Padre Pio's Secret to Holiness

- Fr. Michael Schmitz, Ascension

What is the true sign of sainthood? Fr. Mike Schmitz explains why it's not the stigmata or the ability to miraculously heal people. Saints like Padre Pio, whose feast day we celebrated last week, actually walked a path that is very much within reach for us all. Find out how that is so in this video.

Don't Give Up Anything For Lent!

(And what I'm giving up) - Breaking In The Habit

Saint Francis de Sales

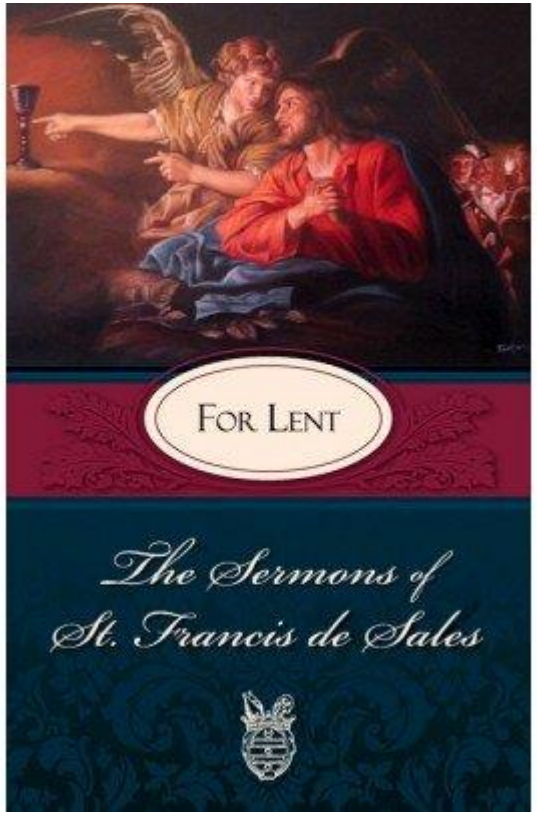
Lent with the Mystics - St. Francis de Sales

St. Ambrose Media

Not Quite Ready for Lent?

Saint Francis de Sales Offers a Perfect Assist - Aleteia

St. Francis de Sales on Fasting During Lent



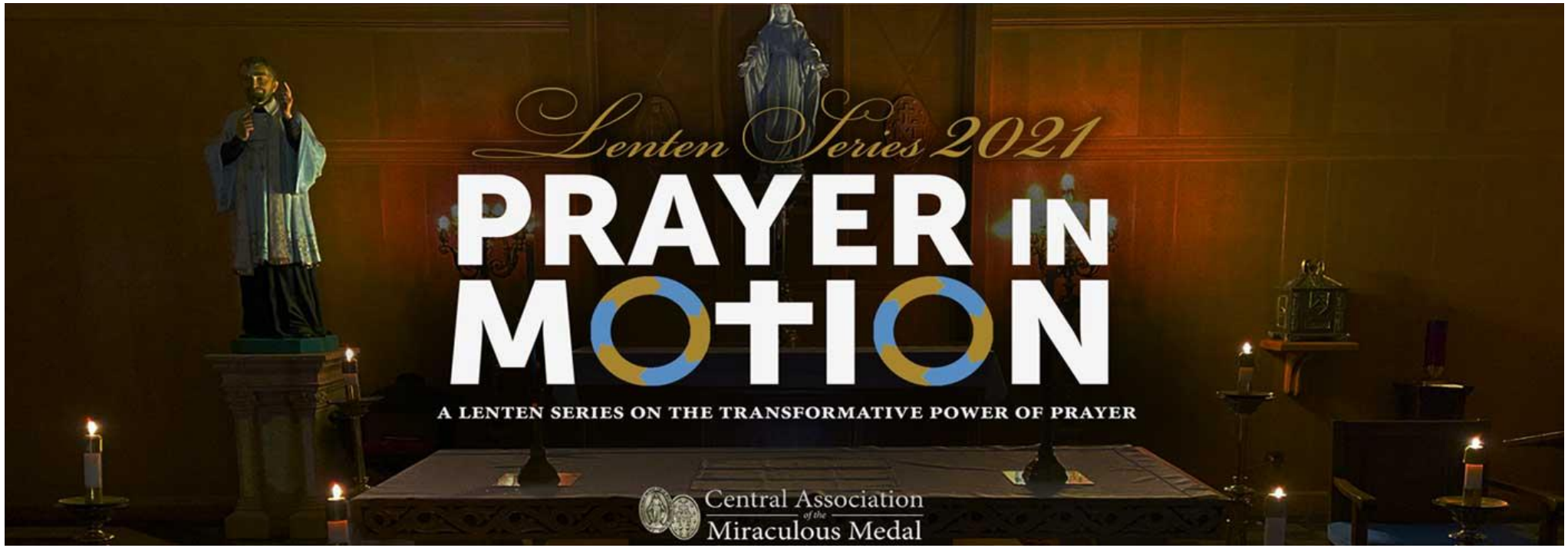
"I thought of speaking to you of the conditions which render fasting good and meritorious. Understand that of itself fasting is not a virtue. It is a virtue only when it is accompanied by conditions which render it pleasing to God.
We find some people who think that to fast well during the holy season of Lent it is enough to abstain from eating some prohibited food. We know very well that it is not enough to fast exteriorly if we do not also fast interiorly, and if we do not accompany the fast of the body with that of the spirit.
Now among all the conditions required for fasting well, I will select 3 principal ones...
The first condition is that we must fast with our whole heart, willingly, wholeheartedly, universally and entirely.
The second condition is never to fast through vanity but always through humility.
The third condition necessary for fasting well is to look to God and to do everything to please Him, withdrawing within ourselves in imitation of a great saint, St. Gregory the Great who withdrew into a secret place where he remained for a time."

- *Sermons of St. Francis de Sales For Lent*
- *Saint Francis de Sales*

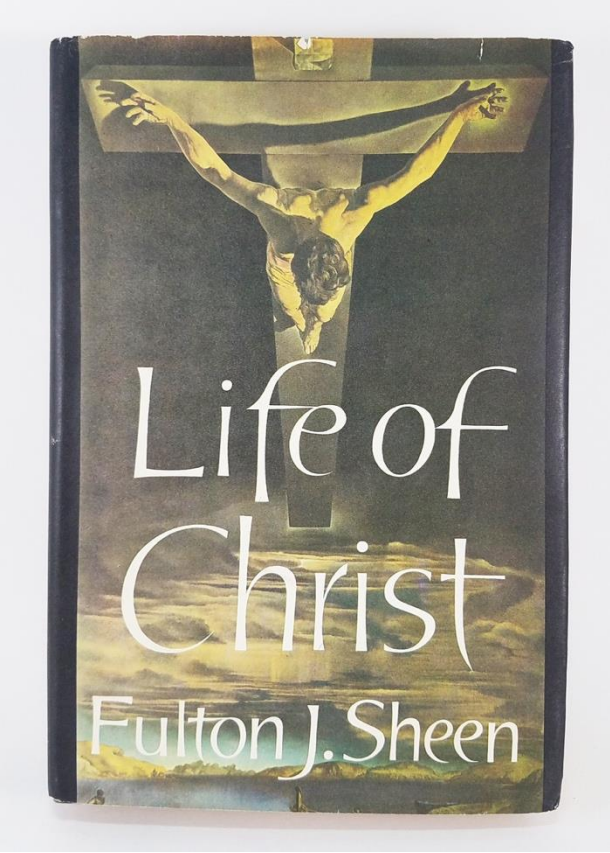
Padre Pio's 10 Tips for Lent (Spiritual)

- Following Padre Pio

Lent 2021 Video Series: ‘Prayer in Motion’



Embrace Lent: No Short Cuts, No Compromise



Father gives a meditation on the temptation of Our Lord from the book "Life of Christ" by Venerable Fulton J Sheen. What's the goal? To be a whole saint, as the Little Flower says, not a half a saint.

40 Inspirational Quotes for Lent - link

The Life of St. Anthony of Padua

- narrated by Fr. Bob Warren, SA