

# Traditional Lenten Practices

Prayer, fasting, and almsgiving, like three legs of a tripod, make up the traditional practices of Lent. Prayer nourishes our spirits. Fasting disciplines our bodies, helps us seek the Lord with greater intensity and puts us in solidarity with those who suffer. And works of charity enlarge our hearts as we commit ourselves to the good of others.

## 1. Prayer & Reflection

Prayer means speaking with God in spiritual communion.  
Reflection means examining your life seriously and thoughtfully.

### *Purpose*

Prayer and reflection help you to:

- Learn more about God and yourself
- Learn to rely on God and on your own inner resources
- Receive spiritual strength

## 2. Fasting

During Lent, Christians should try to observe some form of fasting. Lenten fasting has a special meaning: it recalls the time Christ suffered and died to redeem humanity.

### *Purpose*

Fasting can be a way to cleanse body and mind.

- It imposes self-discipline
- It encourages meditation and reflection.

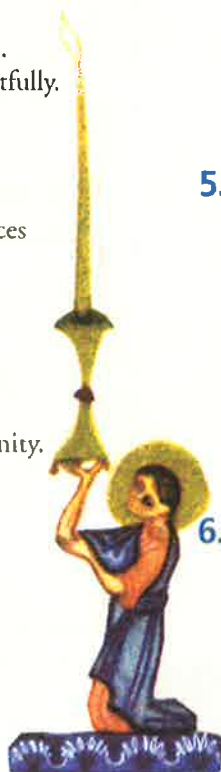
## 3. Good Deeds and Almsgiving

These consist of self-sacrifice to serve and benefit others. Christ and His apostles spent their lives serving others. Christ instructed His followers to do good for spiritual rewards, not for human recognition.

### *Purpose*

These practices help:

- Strengthen Christian living
- Encourage compassion and charity in your daily life
- Ease the emotional and physical pain of people in need



## 4. Special Commitments

This means giving up something for a greater good. Self-denial should be a positive act. Forego some secular activities during Lent to make time for:

- Reading, studying, meditating
- Helping others through church or charitable activities

### *Purpose*

Self-denial:

- Strengthens self-discipline and self-control
- Helps give meaning and direction to life

## 5. Christian Study

This means reading God's word and reflecting on how it transforms lives. Studying Christ's life and death can bring new meaning and relevance to events that may sometimes seem very distant from today's world.

### *Purpose*

Study will help:

- Increase your understanding of the Bible and Christianity
- Link that understanding to your daily life to inspire living God's word
- Strengthen your faith and hope

## 6. Church Activities

Special worship services are held throughout Lent, especially during Holy Week.

Lenten worship services that involve the whole church community enhance a sense of FELLOWSHIP and JOYFUL HOPE.

Lenten services help Christians:

- Renew and strengthen their faith
- Share insights about the meaning and relevance of Christ's passion
- Clarify thoughts and ideas about their faith



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