YOU NEED A RADICAL LENT



8 WAYS TO MAKE THAT HAPPEN

SpiritualDirection.com

Catholic Spiritual Direction

DO THE HARDER THING



1. THE HIDDEN LIFE

RECLAIM HUMILITY

- NO SOCIAL MEDIA ANNOUNCEMENTS ABOUT YOUR SACRIFICES (SILENCE YOUR PRIDE)

- SERVE OTHERS ANONYMOUSLY (E.G., LEAVE GROCERIES ON SOMEONE'S DOORSTEP WHO IS IN NEED, PAY FOR A STRANGER'S MEAL, JUST BE CREATIVE WITH IT).

- DO ONE ACT OF KINDNESS DAILY THAT NO ONE BUT GOD SEES (ESPECIALLY FOR YOUR SPOUSE)

COMMITMENTS:



2. DESERT DAYS

RECLAIM SILENCE

- FIND ONE DAY A WEEK (OR MORE) TO REMOVE ALL NOISE—NO MUSIC, PODCASTS, OR ENTERTAINMENT.

- SPEND EXTENDED TIME IN SOLITUDE WITH SCRIPTURE, LIKE JESUS IN THE DESERT.

- TAKE A SILENT WALK WITH GOD . NO PHONE, NO AGENDA, JUST LISTENING.

COMMITMENTS:



3. THE ST. JOSEPH CHALLENGE

RECLAIM PURPOSEFUL LOVE

- SILENCE: MAKE IT A POINT TO SAY LESS AND LISTEN MORE.

- WORK: TAKE ON A HIDDEN, PHYSICAL LABOR FOR GOD (LIKE DEEP CLEANING A NEGLECTED SPACE OR MANUAL WORK FOR CHARITY OR BETTER YET, YOUR PARISH).

- FATHERHOOD/PROTECTION: OFFER SACRIFICES SPECIFICALLY FOR FATHERS (PRIESTS AND OTHERWISE) WHO ARE STRUGGLING.

COMMITMENTS:



4. TOTAL POSSESSION BY CHRIST

SURRENDER ALL

EVERY DAY, SURRENDER A NEW ASPECT OF YOUR LIFE TO JESUS:

- YOUR TIME
- YOUR FINANCES
- YOUR WORRIES
- YOUR RELATIONSHIPS

BY THE END OF LENT, EVERY PART OF YOUR LIFE BELONGS TO HIM.

COMMITMENTS:



5. TAME THE TONGUE

RECLAIM EDIFYING SPEECH

EACH EVENING, EXAMINE EVERY WORD YOU SPOKE THAT DAY.

- DID IT GLORIFY GOD?
- DID IT TEAR DOWN OR BUILD UP?
- DID IT ALIGN WITH TRUTH?
- WAS IT SAID WITH CHARITY?

CONSIDER A WORD/SPEECH FAST . CHOOSING SILENCE OVER UNNECESSARY SPEECH.

COMMITMENTS:



6. THE WOUND OFFERING

CHOOSING RADICAL FORGIVENESS

CHOOSE A PERSONAL WOUND, PAST OR PRESENT, AND MAKE IT YOUR LENTEN OFFERING.

- EVERY TIME PAIN RESURFACES, OFFER IT UP FOR SOMEONE IN NEED.

- OFFER IT UP, SPECIFICALLY FOR THAT PERSONS CONVERSION, AND YOUR FORGIVENESS TOWARDS THEM.

- JOURNAL OR PRAY ABOUT HOW CHRIST'S WOUNDS TRANSFORM YOUR SUFFERING.

COMMITMENTS:



7. ONLY WHAT'S NECESSARY

RECLAIMING A WELL ORDERED LIFE

LIVE (KINDA) LIKE A MONK FOR LENT:

- EAT ONLY SIMPLE, NECESSARY FOODS.
- BUY NOTHING BUT ESSENTIALS.
- CUT ALL NON-ESSENTIAL ENTERTAINMENT.
- COMMIT TO EXTRA TIME IN PRAYER
- GIVE AWAY UNNECESSARY POSSESSIONS.

COMMITMENTS:



8. THE PSALM 51 PURITY PURGE

RECLAIM A CLEAN HEART

CHOOSE ONE AREA OF YOUR LIFE TO PURIFY RADICALLY:

- YOUR MIND (ELIMINATE ALL IMPURE, GOSSIP-FILLED, OR NEGATIVE MEDIA).

- YOUR HEART (FAST FROM RESENTMENT, COMMIT TO IMMEDIATE FORGIVENESS).

- YOUR HOME (REMOVE DISTRACTIONS, EXCESS, OR ANYTHING NOT LEADING YOU TO HOLINESS).

RECITE PSALM 51 DAILY AS A PLEA FOR A PURIFIED SOUL.

COMMITMENTS:



BE SPECIFIC ABOUT YOUR COMMITMENTS.

PRAY ABOUT WHAT GOD IS CALLING YOU TO DO, AND ASK DAILY FOR HIS HELP IN ACCOMPLISHING WHAT YOU HAVE COMMITTED.

AT THE END OF EVERY DAY, CHECK IN AND SEE HOW YOU'RE DOING IN WHAT YOU HAVE PROMISED.

ASK A LOVED ONE FOR HELP WITH ACCOUNTABILITY.

GIVE YOURSELF GRACE. EVEN IF YOU FAIL, KEEP TRYING. REST IN GOD'S PLEASURE IN YOUR ATTEMPTS TO SERVE HIM.

IF YOU FOUND THIS HELPFUL - CHECK OUT OUR OTHER LENTEN RESOURCES AT:

SPIRITUALDIRECTION.COM/LENT