

Prayer: Throughout Scripture, Jesus goes to pray in deserted place. Lent is our "deserted place." We draw near to God through Mass, confession, and spiritual practices like the Stations of the Cross, but we are also invited to spend time in prayer alone with the Father like Jesus did.

Fasting: Fasting is not a diet! With a diet, we try to achieve a physical goal in this world. In fasting, we try to achieve a spiritual goal in the next. Fasting helps us to sacrifice our preferences and less-than-healthy impulses to build discipline to choose the good in all areas of life.

Almsgiving: Time and time again, the Bible tells us that to love God we must love others. Our "neighbor" is someone we might not expect. Giving alms is an opportunity to support and care for our neighbor in need.

