

DID YOU KNOW?

Pray Fast Give

Prayer, fasting and almsgiving are the three pillars of Lenten spiritual practice. In a most profound way, these spiritual exercises are directed toward the nurturing of relationships.

Prayer, that process of listening to and responding to God's daily call, sustains and nurtures our relationship with God. Without prayer, personal and communal, this relationship fades, sometimes to the point of complete silence on our part. Every day the Spirit of Jesus invites us to enter into serious conversation and conversion. Make time for prayer.

Fasting helps get our lives in order. Everyone deals with areas of servitude, whether smoking or alcohol consumption, misused sexuality, uncontrolled gambling, psychological hang-ups, spiritual obsessions, use of stimulants, immoderate use of the Internet, social media, or television, or preoccupations with other forms of entertainment. By fasting and self-denial, by living lives of moderation, we'll have more energy to devote to God's purposes and a better self-esteem to help us attend to the wellbeing of others.

Almsgiving draws us into the life of a disciple of Christ, a life of charity. Jesus is always concerned about those who are poor and in need. Therefore, we must be too. And Jesus identifies with those who are poor. Almsgiving draws us out of ourselves and into the life of Christ in others.

To learn more about Lent, visit our webpage saintbrigidparish.org/lent.

