Missionary Discipleship

What does God want to do in you during this Lent?

Lent is a time during which disciples of Jesus are called to reflect upon how they can grow closer to God. The actions of prayer, fasting, and almsgiving are all deliberate behaviors that the disciples can engage in to bring about deeper conversion in their lives and to fall more in love with God. The actions of conversing with God in prayer, making concrete sacrifices through fasting, or coming to the aid of those in need through almsgiving are all ways in which we can imitate Christ.

Through prayer we speak to God and God speaks to us. Prayer is central to the life of a disciple; it is a personal response to the felt presence of God. When Jesus' disciples asked Him how to pray, He gave them the "Our Father," yet there is almost no wrong way to pray to God! Fasting takes on different forms in our tradition and is most simply understood as a form of penitential self-denial, undertaken to bring forth deeper conversion. By abstaining from meals, or denying oneself a certain comfort, through fasting we are relying and trusting more in God's life giving grace to sustain us. Giving alms are specific works of mercy and charity that are particularly pleasing to God. By giving alms to the poor or needy, we thus give to God; "I say to you, as you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40).

Lent is a time in which the Church calls us to actively engage our faith lives in new and more meaningful ways that draw us ever closer to our infinitely loving God. This Lent let us commit to grow in discipleship and deeper conversion through prayer, fasting, and almsgiving.

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Lenten Reflection Questions:

Which form of prayer draws you closer to Christ? Have you tried reciting prayers you've memorized, reading Scripture, having a conversation with God, or just sitting in silence?

What are you feeling led to do or eliminate (give up) for Lent this year?

How are you being called to help the poor and needy this Lent?