

We are over 10 days in. How is Lent going? Have you noticed a difference in your life? More prayer, hopefully? More intentional charity to others – kindness, generosity? And more sacrifice and penance, heading into the desert with Jesus on the way to the Cross?

In addition to the common considerations of setting aside coffee or tea or artificial sugars/sweets or electronics or social media, here are some additional ideas should you feel called to mix it up a bit or go deeper:

Prayer

1. Read Scripture daily. Maybe the readings of the day, or start Matthew's Gospel and read a chapter a day. You will finish on the eve of Holy Week.
2. If you don't already, pray a [Morning Offering](#) and an [Evening Prayer](#) every day when rising and going to bed, using your own words, or those that have come before.
3. Pray the Rosary or Divine Mercy Chaplet daily.
4. Pray the [Litany of Humility](#) daily, and pick a different line to focus on for the day.
5. Pray a Prayer of Abandonment daily, your own, or St. Ignatius' [Suscipe](#) or [Blessed Charles de Foucauld's](#)
6. Attend daily Mass at least once a week, and/or stop by Mary, Queen of Peace or St. Joseph a few times during the week for prayer with Jesus in the Most Holy Sacrament

Fasting/Penance

1. Drink only water
2. Take cold showers, or don't turn the dial quite as far to the red side.
3. Take on an extra chore around the house
4. Don't season your food (no condiments, salt or pepper or other spices)
5. Embrace more silence. Turn off the music/podcasts/television/streaming. Or maybe cut out voices, and just listen to instrumental music.
6. Sleep on the floor
7. Don't speed. Drive in the slow lane. Embrace the line, and a different pace of life.
8. Don't snooze your alarm

Almsgiving

1. Don't make unnecessary purchases, and give the money you saved to the poor
2. While Spring might not yet be upon us, go through the closets in preparation for the next Bundle Sunday with SVDP at MQP, or the coming Textile drive at St. Joseph School, or to drop off at the Clothing Bank at the Issaquah Food Bank. Take a look at the rest of the closets while you're at it. How can you simplify your life/possessions?