

**CODE OF CANON LAW 1249** - The divine law binds all the Christian faithful to do penance each in his or her own way. In order for all to be united among themselves by some common observance of penance, however, penitential days are prescribed on which the Christian faithful devote themselves in a special way to prayer, perform works of piety and charity, and deny themselves by fulfilling their own obligations more faithfully and especially by observing fast and abstinence, according to the norm of the following canons.

## **NUTRITIONAL DISCIPLINE**

**1 CORINTHIANS 10: 31** - *"SO WHETHER YOU EAT OR DRINK OR WHATEVER YOU DO, DO IT ALL FOR THE GLORY OF GOD."*

CREATE A RULE OR HABIT OR NUTRITIONAL DISCIPLINE DURING LENT. A PHYSICAL HUNGER OR PANG CAN ORIENT OUR THOUGHTS TOWARD GOD AND DRAW US CLOSER TO HIM.

## **PHYSICAL EXERCISE**

**1 CORINTHIANS 9: 24, 27** - *"DO YOU NOT KNOW THAT THE RUNNERS IN THE STADIUM ALL RUN IN THE RACE BUT ONLY ONE WINS THE PRIZE? RUN SO AS TO WIN... NO, I DRIVE MY BODY AND TRAIN IT, FOR FEAR THAT, AFTER HAVING PREACHED TO OTHERS, I MYSELF SHOULD BE DISQUALIFIED"*

COMMITTING TO DOING SOMETHING PHYSICAL EVERYDAY ALLOWS YOU TO CHOOSE, WITHOUT FAIL, TO USE YOUR TEMPLE AND OUR PHYSICAL EXPRESSIONS SPEAK TO THAT OF OUR SOUL. A WALK WITH YOUR FAMILY OR TIME IN THE GYM CAN BE USED TO SANCTIFY ORDINARY LIFE AND FIND GOD IN THE EVERYDAY.

## **HOUSEHOLD SERVICE TASK**

**MARK 12: 45** - *"FOR THE SON OF MAN DID NOT COME TO BE SERVED BUT TO SERVE AND GIVE HIS LIFE..."*

IMAGINE HAVING 40+ HOUSEHOLD TASKS ACCOMPLISHED OVER THIS LENTEN SEASON AT THE SERVICE OF THOSE YOU LIVE WITH. THERE IS MUCH GROWTH IN HOLINESS IN SERVING YOUR FAMILY AND YOUR HOME ALONG WITH CREATING A PRESENCE OF PEACE AND LOVE.

## **COMMITTED PRAYER TIME**

**MATTHEW 6: 6** - *"WHEN YOU PRAY, GO TO YOUR INNER ROOM, CLOSE THE DOOR AND PRAY..."*

SELECT A SPECIFIC PLACE: I WILL PRAY AT \_\_\_\_\_ (HERE)

SELECT A CERTAIN TIME: I WILL PRAY AT \_\_\_\_\_ (WHAT TIME)

SELECT A SPECIFIC AMOUNT OF TIME: I WILL PRAY FOR \_\_\_\_\_ (HOW LONG?)

## **SPIRITUAL READING**

**PSALM 119: 9-10** - *"HOW CAN THE YOUNG KEEP HIS WAY WITHOUT FAULT? ONLY BY OBSERVING YOUR WORDS. WITH ALL MY HEART I SEEK YOU; DO NOT LET ME STRAY FROM YOUR COMMANDMENTS."*

LECTIO DIVINA OR "HOLY READING" IS AN ANCIENT TRADITION OF THE CHURCH. SPEND DEDICATED TIME TO HOLY SCRIPTURE/SPIRITUAL WRITINGS, MASTICATING ON THOSE WORDS AND ASKING THE HOLY SPIRIT TO SHOW YOU WHAT THEY MEAN IN YOUR LIFE TODAY. COMMIT TO PARTS OF THE BIBLE OR A SPECIFIC BOOK, CHOOSE A SPECIFIC AMOUNT OF TIME YOU WILL DEDICATE TO IT EACH DAY AND ASK THE HOLY SPIRIT TO GUIDE YOU IN WISDOM.

## **LITURGY OF THE HOURS**

**PSALM 119:164** - *"SEVEN TIMES A DAY I PRAISE YOU BECAUSE YOUR JUDGEMENTS ARE RIGHTEOUS. LOVERS OF YOUR LAW HAVE MUCH PEACE"*

ORIENT YOUR DAY TO ALWAYS COME BACK TO GOD IN PRAYER ROUTINELY THROUGHOUT THE ENTIRETY OF YOUR DAY. DOWNLOAD THE IBRIEVARY APP, COMMIT TO STARTING SOMEWHERE AND ADDING TO YOUR ROUTINE AS YOU GO



*GOOGLE PLAYSTORE*



*APPLE APP STORE*

# MY LENTEN GUIDE

MY NAME: \_\_\_\_\_

	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Nutritional Discipline													
Physical Exercise													
Household Service Task													
Committed Prayer Time													
Spiritual Reading													
Liturgy of the Hours													

	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
Nutritional Discipline													
Physical Exercise													
Household Service Task													
Committed Prayer Time													
Spiritual Reading													
Liturgy of the Hours													

	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
Nutritional Discipline													
Physical Exercise													
Household Service Task													
Committed Prayer Time													
Spiritual Reading													
Liturgy of the Hours													

	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Nutritional Discipline						
Physical Exercise						
Household Service Task						
Committed Prayer Time						
Spiritual Reading						
Liturgy of the Hours						