

A List of Lenten "Give-Ups"

Don't be afraid to shoot for the stars, you may hit the moon.

St. Paul in his letter to the Philippians, gives some food for thought:

"Fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honor, and everything that can be thought virtuous or worthy of praise" (Philippians 4:8)



Those are high ideals, but not impossible ones. How can we aim so high and still live in thoughts.

- Give up worry; trust Divine Providence.
- Give up discouragement; be full of hope.
- Give up anger; be more patient.
- Give up pettiness; be more mature.
- Give up gloom; enjoy the beauty around you.
- Give up jealousy; pray for trust.
- Give up gossiping; control your thoughts.
- Give up sin; turn to virtue.

St. Paul encouraged us to "fill our minds with everything that is true, good and pure." He realized it wouldn't be easy, but he knew there is always grace. All the saints agree on this: holiness is possible. Your holiness is possible, so don't give up on yourself.

this nitty-gritty world? Perfection may not be possible, but aiming for it isn't a bad idea.

Someone asked the King of Swing, Benny Goodman, why he kept practicing on his clarinet continually. He replied, "So that, even when I'm bad, I'm good." When we set our sights high, even if we fall short we may be well above average.

Here are a few suggestions to help you in your lenten resolutions:

- Give up bitterness; turn to forgiveness.
- Give up hatred; return good for evil.
- Give up negativism; be positive.
- Give up complaining; be grateful.
- Give up pessimism; be an optimist.
- Give up harsh judgments; think kindly

No matter how unworthy or sinful your life may be, remember, Jesus takes all those sins away; He heals and purifies, and leads you to holiness.

A holy life is possible.

"Pray as you can, do not pray as you can't. The only way to pray well is to pray often. The less one prays, the worse it gets." (Abbott John Chapman)

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