

## Why We Give Something Up for Lent

The events of Good Friday to Easter Sunday are the greatest events in human history. Because of the sin of Adam and Eve, which are representatives of all of humanity, human beings were cut off from God and from heaven. Scripture tells us that sin, which is wrongdoing against God, severs and cuts off our relationship with God.

No matter what we do, Humanity cannot get back to God by ourselves.

The only way back to God was through the action of Jesus' death and resurrection, which overcame the effect of sin and our separation from God.

This is what is called Salvation.

### 4 REASONS WHY WE GIVE SOMETHING UP FOR LENT:

#### 1. As a **REMINDER.**

Giving something up acts as a reminder constantly of God's love throughout the days of Lent as we prepare to relive, remember and be renewed by God's love.

So, when you give up coffee or tea or chocolate or alcohol or social media, or candy, lollies or sweets they are meant to act as reminders or prompts of God's love for us. Look at what God did for us, for me.

## 2. Discipline over my **FLESH**.

The flesh is that tendency within us to do what we want regardless of what God desires for us.

The Spirit which dwells within us is what God wants for us and in us. It's a battle of the flesh and the Spirit raging within us.

*I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. 19 For I do not do the good I want, but the evil I do not want is what I do.*

Romans 7:15;19NRS

## 3. Opportunity to **WORK** at the Person God Calls Me to Be Now

Here are some Examples of what to **Give Up**:

1. Gossip
2. Being Judgmental
3. Being Jealous of others
4. Being Concerned with what you look like
5. Thinking negatively about yourself
6. Being Lazy
7. Eating the wrong food

Examples of what to **Take On**:

1. Exercise
2. Thinking positively
3. Giving to the Poor
4. Spending more time in Prayer
5. Coming to Mass during the week

# Lent 2024

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## 4. Opportunity to LAY DOWN MY LIFE my life for others

Jesus's whole ministry was to lay down His life culminating in His death and then resurrection for you and me.

During Lent, you are invited to do the same for others at home, at work and among friends. Examples and suggestions of our Lenten Penance:

1. Do the Dishes, make the bed, take out the trash
2. Send an encouraging note to members of your family or to friends during Lent.
3. Send a gift to someone for no other reason than it will bless them
4. Serve the poor
5. Visit an elderly person
6. Spend time with someone who is lonely
7. Be the person at your or your place of work to clean up, get coffee for others, notice someone else and be encouraging and do it without any need for acknowledgement.