

**MAY THE FRUIT OF THY
SUFFERINGS BE
RENEWED IN MY SOUL
BY THE FAITHFUL
REMEMBRANCE OF THY
PASSION AND MAY THY
LOVE INCREASE IN MY
HEART EACH DAY
UNTIL I SEE THEE IN
ETERNITY....**

saint bridget of sweden

WHAT IS THIS?

Lent is a time for prayer, fasting and almsgiving as we return to the Lord with our whole heart.

Over the next 40 days, Father Bruce offers the following as suggestions to grow in all three areas.

Loosely based on the program Exodus 90, this pamphlet offers you 3 levels.

Choose your level, grow at your pace.

QUESTIONS?

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SACRED HEART 40

Lent 2019



PLATINUM

most challenging

FASTING

- cold showers for men, basic necessity care for women
- no alcohol
- no desserts or sweets
- no TV, movies, Netflix or TV sports
- fast from social media
- regular, intense exercise
- strict fast on Wednesday & Friday, loosen one obligation on Sunday

PRAYER

- only music that lifts the mind to God
- daily holy hour with a minimum of 20 minutes of silent prayer daily
- minimum of 7 hours of sleep
- only reading material that grows spirituality
- frequent confession recommended for spiritual direction
- daily Mass 2x/week

ALMSGIVING

- no major purchases for men, no impulse buying for women
- participate in Lenten charity, consider a Biblical tithe during Lent (10% of income)
- participate in an act of charity, bring the family

GOLD

more challenging

FASTING

- cold/lukewarm showers for men, basic necessity care for women during the week
- no alcohol except weekends
- no desserts or sweets except weekends
- no TV, movies, Netflix or TV sports during the week
- no social media during the week
- regular, intense exercise 3 days a week

PRAYER

- only music that lifts the mind to God
- daily holy half-hour with a minimum of 10 minutes of silent prayer daily
- minimum of 7 hours of sleep
- introduce reading material that grows spirituality
- frequent confession recommended for spiritual direction
- daily Mass 1x/week

ALMSGIVING

- no major purchases for men, no impulse buying for women
- participate in Lenten charity, consider a Biblical tithe during Lent (10% of income)
- participate in an act of charity, bring the family

SILVER

challenging

FASTING

- lukewarm showers for men, basic necessity care for women three days/week
- no alcohol three days a week
- no desserts or sweets three days a week
- no TV, movies, Netflix or TV sports three days a week
- no social media three days a week
- regular, intense exercise three days a week

PRAYER

- only music that lifts the mind to God
- daily holy 15 minutes with 5 minutes of silent prayer
- minimum of 7 hours of sleep
- introduce reading material that grows spirituality
- frequent confession recommended for spiritual direction
- daily Mass 1x/week

ALMSGIVING

- no major purchases for men, no impulse buying for women
- participate in Lenten charity, consider a Biblical tithe during Lent (10% of income)
- participate in an act of charity, bring the family