



# LENT 2018

## ***What are we to do?***

By devoting more time to *prayer*, we enable our hearts to root out our secret lies and forms of self-deception,<sup>[5]</sup> and then to find the consolation God offers. He is our Father and he wants us to live life well.

*Almsgiving* sets us free from greed and helps us to regard our neighbor as a brother or sister.

What I possess is never mine alone. .. When we give alms, we share in God's providential care for each of his children. If through me God helps someone today, will he not tomorrow provide for my own needs? For no one is more generous than God.<sup>[6]</sup>

*Fasting* weakens our tendency to violence; it disarms us and becomes an important opportunity for growth. On the one hand, it allows us to experience what the destitute and the starving have to endure. On the other hand, it expresses our own spiritual hunger and thirst for life in God.

Fasting wakes us up. Message of the Holy Father, Pope Francis, for Lent 2018, February 6, 2018