

# Lenten

MOMENTS



Many people make a Lenten promise to add something to their lives during this season. This can be done in conjunction with or in place of giving something up. Let us add more joy to our lives and give up negativity. Let our Lenten Promise simply be to live more joyfully.

## PAUSE FOR REFLECTION

Pope Francis' Top 10 tips for bringing greater joy to one's life:

**Live and Let Live** – move forward and let others do the same.

**Be Giving of Yourself to Others** –not only in material goods but also in spirit.

**Proceed Calmly** – walk softly with kindness, humility and calmness .

**Enjoy a Healthy Sense of Leisure** –put down devices, switch off TV and connect with others.

**Sunday is for Families** – renew the practice of attending church and gathering afterwards .

**Empower Young People** – give them a future by acting for society and the planet today.

**Respect and Take Care of Nature** – take time to care for and appreciate the natural world around you.

**Stop Being Negative** – let go of negative things quickly.

**Respect Others' Beliefs and Opinions** – cultivate diversity and experience difference.

**Work for Peace** – The Pope says, “the call for peace must be shouted”. Let's all shout it out loud.

## PRAYER

*God of Strength,  
Guide our actions as we choose to  
increase the joy in our lives  
Enable us to fulfill our Lenten  
Promises:  
to act in charitable ways,  
to enjoy life,  
to be present to those who need us,  
to bring peace into our home,  
and to extend it to our neighbours.  
We ask this through Christ our  
Lord. Amen.*

## LENTEN REFLECTION

What makes you happy?  
How can you spread happiness each day?