



# HOW TO PRACTICE LENT

Lent is our time of preparation.

“Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty.”



— Pope Francis’ Lenten Message, 2014

We begin our journey on Ash Wednesday using the spiritual practices of prayer, fasting and almsgiving to help us deepen our relationship with Christ.

## PRAYER

We **pray** for others in the global church.

We reflect on what type of person God calls us to be, and we ask for His guidance in living up to our potential.

## FASTING

We **fast**, or give things up, as a reminder to remove things in our lives that get in the way of our relationship with God. When we feel hungry or choose not to eat the things we like, we are reminded that everything we have is a gift from God. Our fasting also reminds us of those who do not have enough food, who experience hunger without a choice. God calls each of us to care for those who are in need.

BRING  
LENT  
TO LIFE!



Get involved with CRS Rice Bowl at  
[crsricebowl.org](http://crsricebowl.org).

And don't forget to download our mobile app!

## GIVING

We **give alms** with a spirit of generosity to our brothers and sisters in need, honoring Jesus' call to serve our neighbors. This Lent, through our sacrifices, we can empower and transform the lives of those who are poorest and most vulnerable.

