

Interment

Fasting

I will:
Learn the common rule of fasting in the Church and seek my spiritual father's blessing to follow it in my life. Also I may consider reducing/giving up:

Prayer

"Without prayer there is only madness and horror" (V. Rosanov)

"Guard your heart with all diligence"
(Prov. 4:23)

the Jesus Prayer:

_____ minutes every day

_____ times a day

What are the compulsive thoughts that are always coming in mind?

Anger? Lust? Someone? Etc.
Write them down here and confess them to your spiritual father.

Almsgiving

"True love is to give what we need to another and not just what we can do without."

What will I do as a service for others

What amount of money (income) will I give away as the Bible tells us to do?

1%

5%

10%

Who will I give it to?

St. John's Mission

A Local Charity

A person I meet on the Street

ProVita - Romania

*"I am going to seduce you
and lead you out into the
wilderness and speak to
your heart...*

*I will betroth you to
myself forever, with
tenderness and love. I
will betroth you to myself
with faithfulness, and
you will come to know
God."*

(Hosea 2:14, 19-20)



*Christ is great
enough to fill our
entire life and meet
all our needs
becoming our sole
work
our sole
hope and
our sole
interest
(Matthew the Poor)*

My Lenten Journey



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