



## SUGGESTIONS FOR A LENTEN SACRIFICE

Why not increase your capacity for joy  
by giving up the things that force joy out of your soul?

- ✧ GIVE UP resentment and become more forgiving.
- ✧ GIVE UP hatred and return good for evil.
- ✧ GIVE UP complaining and be more grateful.
- ✧ GIVE UP pessimism and become more hopeful.
- ✧ GIVE UP worry and become more trusting.
- ✧ GIVE UP anger and become more patient.
- ✧ GIVE UP pettiness and become more noble.
- ✧ GIVE UP gloom and become more joyful.

*Lent: Discovering Joy in a Solemn Season*

Fr. John Catoir

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