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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