

**(Food for thought)**

Gospel: Matthew 4:1-11

**Season Of Lent**



A wonderful time in our Liturgical cycle. It is a gentle invitation by the church into a journey of renewal.

Here are a few tips during this 40 days Journey.

- 1) Be open to the power of the Holy Spirit who will guide us in this journey.
- 2) This openness invites us to explore both internally and externally.
- 3) To examine our personal lives, to acknowledge our sins, to repent.
- 4) Externally our relationship with God with the community, with the environment.

5) To take time to pray, to meditate that quiet moment that we all need.

6) Make some sacrifices.

7) Works of mercy: make it our daily task to make others happy.

8) Fast and Abstain.

9) Practice virtues always even when tired.

10) May all these lead us to a Joyful Easter.

