

“Notice your relationship with the past, present and future. Ask yourself the question: Do I use it, or does it use me?”

### A Holy Practice for Each Day of Lent

Each year, the Rev. Stephen Rozzelle creates a special Lenten resource. It is a beautiful balance of divine and ordinary; the sublime and the every-day. By following this guide, you can deepen your relationship with God, with yourself, and with others. The practices range from simple actions – smile at a stranger, for example – to powerful statements, such as, “Love is holy because it is like grace. The worthiness of its object is never really what matters.” There is also plenty of humor throughout!

Like many spiritual exercises, this Lenten guide can be even more fun and fruitful when done as part of a group. Blessings to you and yours this Lent.

Lenten Exercises for 2016

Ash Wednesday, February 10	I will plug in my Lenten G.P.S. The Spiritual guide that will empower me to be Gentle, Patient and Sensitive no matter what gets "thrown" at me.
Thursday, Feb. 11	My day will be focused on "What's next?" not "What's wrong?"
Friday, Feb. 12	Welcome "breakdowns." It is like flushing the toilet.
Saturday, Feb. 13	"I'll be happy when..." is a lie. You can't get happy. You can only <u>be</u> happy. Choose to <u>be</u> happy.
Sunday, Feb. 14	There are two voices that speak to me inside of my mind: the voice of God and the voice of the Devil. Thank the voice of the Devil for reminding me who I belong to.
Monday, Feb. 15	Live in gratitude the whole day. St. Paul said, "Give thanks in all things."
Tuesday, Feb. 16	Spend 10 minutes praying for the wellbeing of someone you usually ignore.
Wednesday, Feb. 17	Get rid of disappointment. It's a commentary about the past that doesn't make a difference.
Thursday, Feb. 18	No complaints today. It dishonors you and it dishonors me. Only requests.
Friday, Feb. 19	Create "you're fabulous!" in your conversation today with at least 2 people.
Saturday, Feb. 20	Notice your relationship with the past, present and future. Ask yourself the question: Do I use it, or does it use me? Example: I'm haunted by something I did in the past (it uses me) or I'll never do that again! (I use it.)
Sunday, Feb. 21	Renew your covenant with Jesus. Jesus said, "I have come to bring you life in all its abundance." My promise is ...
Monday, Feb. 22	Allow yourself to be contributed to. When visiting someone in their home, always say "yes" to "Can I get you something!"
Tuesday, Feb. 23	Be a generous spirit all day.
Wednesday, Feb. 24	Make a commitment to be healthy.
Thursday, Feb. 25	Be thankful waiting to happen. Look for it in everyone and everywhere. It is much more powerful this way than after the fact, which is the way we usually give thanks.
Friday, Feb. 26	Let your children overhear you saying complimentary things about them to other adults.
Saturday, Feb. 27	Sip a little money in your child's pocket without them knowing.

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*Stephen Rozzelle is the Priest-in-Charge of Christ Church in Pompton Lakes, New Jersey, having previously having flunked retirement.*