

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 <u>G</u> entle, <u>P</u> atient and <u>S</u> ensitive 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 <u>get</u> 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 thanksgiving 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	Slip a little money in your child’s pocket without them knowing.

Sunday, Feb. 28	Ask your significant other: Tell me one thing I can do to make your life a little happier.
Monday, Feb. 29	“I’m not good enough” or “I am a valued child of God.” If I’m not good enough I will try to create my own value. When I’m already valued I will bring value to you. Choose the latter.
Tuesday, March 1	Stress comes from having it this way and wanting it to be another way. Having this much money but wanting more. Choose what <u>is</u> in your life.
Wednesday, March 2	We don’t see people as they are. We see people as we are. Look for the gift of the other.
Thursday, March 3	My reaction to the alarm clock is predictable. It’s the same every day. Today I will do something that is unpredictable.
Friday, March 4	For the next 24 hours refrain from criticizing anybody or anything.
Saturday, March 5	Be on time. It is an issue of integrity.
Sunday, March 6	Treat the “Confession” as a mini burial service. Otherwise, I will be haunted by the same old stuff.
Monday, March 7	Write a hand written note to your two best friends. What I love and appreciate about you is..... Then mail them.
Tuesday, March 8	Notice any place you rationalize. They’re really rational lies.
Wednesday, March 9	We have it trial, error, guilt. How about trial, error, growth?
Thursday, March 10	Love is holy because it is like grace. The worthiness of its object is never really what matters.
Friday, March 11	Blessed are you who floss for you shall keep your teeth in your old age.
Saturday, March 12	Take an upset today and thank God for testing me.
Sunday, March 13	All people want is to be loved and appreciated. Be the one who does the appreciating.
Monday, March 14	My daughter was diagnosed with clinical depression when she was 17. It allowed me to be a Father like never before. We had breakfast together every Thursday morning. Clinical depression: Good News or Bad News? Same data! I get to choose. Listen for the good news.
Tuesday, March 15	People live in one of two domains: “not enough” or “blessed.” I choose “blessed” today.
Wednesday, March 16	Arguments are about “I’m right and you’re wrong.” The spiritual journey is letting go of “me” and contributing to you. Just acknowledge the other person’s point of view.
Thursday, March 17	Be in relationship with strangers. All it takes is a smile.

Friday, March 18	The quality of any relationship is a function of the language we use. "You're wonderful!" only exists in language. Bring new life to your marriage or another relationship by upgrading your language.
Saturday, March 19	It's ok to be selfish. Just be generous too. Every time I eat breakfast, it's selfish.
Sunday, March 20	Holy Communion is not about "understanding it." It is to trust that God feeds me. Does a child understand how creamed broccoli nurtures their body?
Monday, March 21	Create someone's dignity every day this week.
Tuesday, March 22	Be generous with your mouth today. Praise and compliments bring life to others and to ourselves. Karma: what goes around comes around.
Wednesday, March 23	Remember: nothing is personal. If someone doesn't like you that's their problem, not yours.
Maundy Thursday, March 24	Christ died for me? Then I'm a spectator in the stands applauding Jesus. Rather Christ lives in me! Then I'm on the field playing the game of life together. "Take this in remembrance that Christ lives in you!"
Good Friday, March 25	When I am angry "because" I am a victim of the "because." The message of Good Friday: Jesus didn't die because.... Jesus died to be cause in the matter. I will Be Cause.
Saturday, March 26	Pilate asked, "Who are you?" I can be a description of my past or I can be God's possibility in the world. One is a description the other, an invention. Don't discover who you are. Reinvent yourself.
Easter, March 27	Am I not good enough, or no good at all, with God living in my world? Or am I an expression of "You are my beloved" living in God's world. We always win the game we're playing.