



THREE PILLARS OF LENT

PRAYER
FASTING
ALMSGIVING

Prayer

It is the action that leads man, released by fasting from excessive attachments to the world, to turn to God, to gaze upon and contemplate, to listen and talk to him, to read his words and mediate on them, to be one with him sacramentally, celebrating joyfully the mysteries of redemption. It is what gives meaning to Lenten practice which should draw us closer to him.

Bible verses to check out:
Matthew 6: 1-18
Acts 2: 42 -47

Almsgiving

It is the action that leads us Christians to see our fellowman, love them, listen to them and give them our time, help, advice, money, shelter, company and affection. It is not limited to giving material goods, is the gift of self. It is based on CHARITY, to love God and others as oneself. To give alms is to be united to Christ in his poverty.

Bible verses to check out:
Luke 12:15
Psalm 37
2 Cor 8:9

Fasting

Fasting is the restriction of consumption, a deprivation of evil, and privation of good, for the glory of God. Strictly speaking it is moderation in eating, having on the day that is practiced, one regular meal and two small ones. During Lent, we fast on Ash Wednesday and Good Friday. ABSTINENCE is practiced all Fridays of Lent.

Bible verses to check out:
1 Corinthians 7: 1-2
Matthew 6:16-18



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