

Lenten Journal 2016

However you write in your Lenten journal, be truthful to your own experience. The question suggested is just that: suggested. You may have one that suits your situation better. Give your mind and heart freedom to choose what you wish to write about.

Day 1: In what ways do you consider Lent to be a "season of celebration?"

Day 2: What are the illusions in my life that I accept as my reality?

Day 3: How are fear and mercy factors in my relationship with God?

Day 4: How can you "fast" from thoughts and speech that harm others, the community, and yourself?

Day 5: What is the "world" that Jesus asks you to renounce?

Day 6: What was your last act of charity? Why did you do it and for whom?

Day 7: In what way could you consider yourself "a vine that God has pruned?"

Day 8: In what ways does your life lack a sense of proportion?

Day 9: Is there anything in your life that you find "unacceptable" and how does it relate to the injunction "Find God in all things?"

Day 10: Does asceticism play any role in your life?

Day 11: What do you love about celebrating the liturgy with your community?

Day 12: What does spiritual freedom mean in your life?

Day 13: What might you do to close the gap between God and yourself that is caused by things you do or neglect to do?

Day 14: Consider the "inmost secret" at the core of yourself that is shared only with God.

Day 15: What do you know about yourself that you cannot communicate?

Day 16: How do you understand St. Paul's words: "I am yours, you are mine and we are Christ's?"

Day 17: Are you "mature in Christ?" How can you facilitate further growth?

Day 18: How do you use time? Wisely? Selfishly? Indiscriminately?

Day 19: What would you like to be free of? What is holding you back?

Day 20: With whom should you be sharing more of your time?

Day 21: What is the most significant part of your day "with and in Christ?"

Day 22: How are you answering the Lenten call to forgive and be forgiven?