



Share
Lent 2020



Development
and Peace
CARITAS CANADA

1st Sunday of Lent

Matthew 4:1-11

“He fasted forty days and forty nights, and afterwards he was famished.”

Fasting for 40 days and 40 nights is not easy. Yet, we are called to it every year—giving up the things that distract us from God, dedicating special time to prayer to strengthen our relationship with God, and practicing almsgiving. Almsgiving means giving of our time, talents and possessions to those who are in need in order to help build the Kingdom of God.

It is easy to live on autopilot and not really think about what we are doing. Sometimes, we need to be reminded to think about why and how we do things. Sometimes, we need to take time away from the norms of daily life to reflect and to reconnect with those who are important to us.

Taking on the Lenten challenge to pray, to simplify our lives and to share with those around us can help us come off autopilot mode and become more conscious of our choices. Jesus is ever present to give us strength when we feel tempted to give up on our Lenten commitments.

This year, we are invited to pay particular attention to our choices as they affect our Mother Earth and the sisters and brothers with whom we share this common home. Choosing convenience over sustainability may be easy, but our easy choices are imposing rising costs on Creation that can no longer be ignored.

When choosing your Lenten challenge, consider replacing an old habit with a new one that treads more lightly on the Earth. Try making your challenge an active commitment to God and those around you. This will sustain the impact of your undertaking on your life beyond the 40 days of Lent! If you are not used to praying daily, start with five minutes a day as your Lenten prayer commitment. To fast, consider giving up a favorite food or switching from disposables to reusables for packing your lunch. For almsgiving, you could share your allowance with people experiencing poverty by donating to Development and Peace or the local St. Vincent de Paul Society.

How does Christ want us to live in the world? How can we follow His example? Seeking to answer these questions is what Lent is about.

Discussion questions:

- **What can we do this Lent together as a family to refocus ourselves on listening to Jesus?**
- **How can we support each other in our Lenten journey?**

Signpost every day of your Lenten journey with a daily Learn, Pray or Act idea from Development and Peace’s Solidarity Calendar. Find it at devp.org/lentcalendar.