

What should I do for Great Lent?

an abbreviated checklist of possibilities

- Attend the worship services of the Church as fully as possible; prayerfully and with sincerity of heart. Plan your schedule intentionally to make this happen!
- Make time for regular and consistent prayer. Use mundane and habitual actions (brushing your teeth, shaving, showering, doing work around the house, commuting, etc.) as moments for prayer. Let prayer become a natural part of your life activities. Learn some prayers and an “attitude” of prayer so these may come to your remembrance during the day.
- Put “prayer time” – at least in the morning and evening -- as a priority item in your daily schedule (or “Daytimer”). Have a family plan to come together for prayer daily or at least weekly.
- Reconcile yourself to your loved ones, your neighbors, your coworkers (yes, even the annoying ones), and acquaintances. Be humble enough to say “I’m sorry” and to seek forgiveness, and give forgiveness even when it is not requested.
- Put a basket or jar on your kitchen/dining room table. Once a week plan a “super banquet meal” (include every tempting food you passionately crave and desire) and determine what such a meal would cost either in a good restaurant or to buy all of the ingredients. Then, in place of this extravagant meal, have something very simple, plain and “lenten.” Figure out the amount of money you have saved and place it (cash or check) into the basket. Decide how this money might help the less fortunate and send it to a charity or offer it in your Church offerings.
- Contact one local charity each week and learn about their work. See where God might lead you!
- Consult your parish calendar and read the appointed scripture reading for each day.
- Read the lives of the saints remembered daily. Visit the webpage at <http://www.oca.org>
- Learn how to cry honestly and rejoice genuinely.
- Be thankful for simple blessings (like, for example, a boiled potato!)
- Consider eternity and the rapid passage of time in this life.
- Pray for others.
- Seek the prayers of others.
- When in doubt, LOVE!