***Lent; Why bother?! What’s it REALLY about?***

Jesus went in to the desert to get away from the crowds of people who were worshipping him. He was like a celebrity who needed space. Everybody wanted a piece of him; for healing, for miracles, for teaching, blessing or just to hear him speak and be in the same room as him. He needed to get away from all of this to focus on what his actual purpose was on Earth. He knew he had a job to do that only he could d, he needed to remind himself what this job was and motivate himself to do it again.

Lent is a time for us to do exactly what Jesus did; to take time to look at our lives and see what we need to change in order to live to our full potential and be the best version of ourselves. Are we spending too much time on Facebook? Or playstation/computers? Have we been too distracted by TV, ipods, tablets etc and not enough on actual time spent with friends and family? Are there people we’ve been ignoring or taking for granted? Have we talents that we’re not using? How is our relationship with God? Have we been keeping in touch with him? Could we go to mass a bit more or say a prayer at the beginning and ending of the day? Are we living as healthily as we could? Could we get more exercise, eat better, have a better sleep routine? Are we taking time to be grateful for the things that put a smile on our faces?

Another incredibly important reason to take part in Lent is to exercise the “saying no” muscle. There will come time in our lives where we need to say no to things like drugs, alcohol, cigarettes or other destructive habits/influences. If we don’t exercise the “saying no” muscle we’ll find it more difficult to say no when it’s really important. Giving up something nice for lent exercises the “saying no” muscle. Don’t just think of it as “giving up” something though; you’re gaining too. What are you gaining? Maybe you’re gaining money from not spending it on sweets etc. You could spend it on something nice for yourself or be charitable and put the few cents into the Trócaire box for people who are less fortunate than us. Maybe you’re gaining time for talents, friends or family by not playing so much computers or flicking through the channels or binge-watching Netflix ☺

Lent is about changing for the better. It means “spring”. Just as in nature at this time of year there is a new life cycle and freshness in the air, in human life there’s a chance for us to “spring clean” our lives and motivate ourselves to be better people.

Think about it, Write a list or things you could do during lent, stick it somewhere you’ll see it everyday; beside your bedroom mirror, on the fridge, on the door of your room; read it every day until Easter and challenge yourself to stick to your Lenten promises ☺

Mr. Mooney