

HOMILY ASH WEDNESDAY YRA 2020

What are you giving up for Lent? This is a question you will probably hear a lot today. But Lent is not as much about what you give up, but more about the person you become. As a Parish Family we will be following Dynamic Catholic the Best Lent Ever. If you have not signed up for the daily videos yet, please do that today.

I want you to examine what you are going to do during Lent this year. You may do the same thing every year out of habit. Research shows that 43% of what we do every day we do out of habit without thinking about it. Habit can be a very good thing. If we deliberated over every little action that we take, we would become paralyzed in these deliberations. But since we do not think about habits, there are probably things that made sense at the time you developed the habit, but no longer make any sense. We also have bad habits that we have developed over the years that are just not good for us. What you do during Lent should either bring you closer to God or closer to becoming the person that God is calling you to be. You should be a different person come Easter.

I ask that you consider developing a new habit during Lent this year, one that will bring you closer to God or closer to becoming the person God meant for you to be. Research shows that if you do something repetitively over time, after about 65 days you will be doing it without thinking about it. That means that if you start doing something repetitively during Lent, and keep doing it during the Easter season; you will have a new habit. Since it will bring you closer to God or closer to becoming the person God wants you to be, you do not want this to stop at the end of Lent.

Use the three pillars of Lent as a starting point, fasting, prayer and almsgiving. If you are diabetic, giving up sweets during Lent may be good for you. Your blood sugar will go down,

you will probably lose a few pounds, you will be healthier and have more energy, and you will be better able to become the person God is calling you to be. You may have a habit of sitting in front of a screen on Facebook every day. This is pretty much a time waster. Maybe if you force yourself to pray for ½ hour before getting on Facebook, you will grow closer to God and form a good habit. Are you sharing enough of your money or your time serving other people? Maybe put some cash aside each day and then by Easter you can make a charitable contribution. Maybe start a new volunteer activity during Lent. Whatever you do, do it for 64 days and you will develop a new good habit.