During Lent - more Prayer, more Fasting, more Almsgiving Prayer.

What is prayer? Speaking to God. Jesus taught us to pray “Our Father”. This prayer of the Lord is a perfect model for how to pray and for what to ask. In prayer, the Holy Spirit prays in us and through us. Prayer reaches heaven and the heart of God. In prayer, God purifies us and heals us. Prayer defends us from evil temptations. Most important in prayer is to trust in God as our most loving Father. Prayer in the name of Jesus is always fruitful. We pray when we participate in Holy Mass. We pray when we read the Bible. We pray when we say the Rosary. We pray together as family at home. We pray driving our car to work. We pray when we help our neighbor. Prayer overcomes our fear, sin and vices. Prayer to God helps more than any human. Fasting.

What is fasting? Eating more simple food for the soul for Christ who was hungry and for people who are hungry now. Eating food with deep thanksgiving for people who brought it to our table and praying for them. Eating food and being aware that this is God’s goodness for me and all comes from his hand. Fasting is learning that we are created by God not only to eat food but also to share it. Fasting is trying to spend less money for food and give this money to the poor. Fasting is giving up expensive coffee in order to train my free will. If I say no to small things I can say no to big sin too. Fasting helps us to refocus our body into our spiritual life. There are many aspects of fasting. In fasting we follow our Lord for 40 days. Fasting helps us to overcome sin and vices.

Almsgiving is to love my neighbor. I help my people who need it around me. First family members, then everyone. Help must be humble and without telling anyone. I spend less money for my own needs in order to support the needs of others. I will still help those in need even when I have less. Almsgiving is sharing food, clothing, my time, positive words, prayers with others, speaking less and listening more. Helping others through prayer and fasting is also Almsgiving. Only God should know the good I do. Almsgiving is bringing someone back to Church, saving the soul from sin, teaching sinners to repent. Do not lie and do not pretend that things are good when my loved ones live in sin. Almsgiving helps us to overcome our ego. It opens us up to the needs of others and to giving thanks to God for everything we have. Almsgiving forgives our sins and helps us to overcome fear and vices. Almsgiving gives freedom and trust that all is in God. Almsgiving makes us happy inside, heals our pain and helps us to smile to everyone. Almsgiving is not about giving a lot of money but remembering that my brothers and sisters walk along the way with me. It is important because God loves them and have been given life from Him. I will help you to be more peaceful on earth and happy in heaven.