

SAMs Lent Resources 2021

Lent! It's one month away, so I am preparing a series of resources to help you and your families get ready, or at least spark a few ideas. I've divided this into the following more "digestible" parts:

1. Preparation and prayer
2. Kid/family Lent Resources and Activities
3. Books for Spiritual Reading
4. Activities and Practices
5. Podcasts

LENT RESOURCES - Part 1

These are some things that you may want to go ahead and order now and decisions about the general path of your Lenten journey. As always, begin in prayer. Ask God what HE wants you to do, how he wants to journey WITH you, and what areas of your life and prayer life need the most work. Don't be afraid to be tough with your self, this is, after all, a season of penitence and mortification for our sins, but don't take on too many things. It is better to choose maybe one from each category above, or a couple from a few, and really focus than to try and do ALL the things all the time and end up doing nothing because you are overwhelmed. (Speaking from over-achieving desire here where I have burnt out about 4 days in to Lent under a pile of well intentioned aspirations, none of which actually addressed the holes Jesus wanted me to be mending in my life.)

My focus this year is on **SURRENDER** and I invite you to take a look at the following prayers either for your planning and time leading up to Lent, or perhaps as a focus for your Lent in general. The reason I have picked this focus is that until we truly surrender to God, completely trusting Him, we do not allow His will to be in done in us entirely. There is always something, some part, that we are holding out on him. Whether it is our health, money, relationship with food, our marriage, our fertility, our relationship with our children, those bad habits, etc. there is usually an area of our lives that, for what ever reason, we haven't turned over to him, we haven't said with honesty "Jesus, I trust in you." So I invite you to surrender, abandon yourself into his hands. And, if you are like me, as this time is showing us more and more each day, his hands are the only truly safe and solid place we can hope to be.

Brother Charles De Foucauld's Prayer of Abandonment:

<http://www.brothercharles.org/wordpress/prayer-of-abandonment/>

*Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures –
I wish no more than this, O Lord.*

*Into your hands I commend my soul:
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself,
to surrender myself into your hands without
reserve,
and with boundless confidence,
for you are my Father.
Amen*

Another powerful prayer of surrender is this Novena that I shared last year. This is particularly powerful as it was written by a Priest who was said by Padre Pio to have the “whole of paradise in his soul.” (Wow!) Father Don Dolindo Ruotolo was a Neapolitan priest (1882-1970), stigmatized miracle worker and “mouthpiece of the Holy Spirit”. This would be an amazing way to start your Lent or to prepare for Lent while asking what God wants you to focus on during this penitential time. (Follow link.)

<https://d2y1pz2y630308.cloudfront.net/13804/documents/2016/4/Surrender%20Novena%20downloadable%20A4.pdf?fbclid=IwAR0GX4rEbNEscb8rDQ0ApCEnZxzJ-weeXihuJ17E56MD3YXzjpFrm6S44Gs>

Since we are talking about **PRAYER** and that is something we all need to work on more, if we are honest, I invite you to listen to or read (or re-read, as I have) this fantastic **homily from our own Father Ferguson** on the importance of our prayer lives:

<http://castingoutfear.org/2021/01/17/hows-your-prayer-life-going/>

And of course, I HAVE to share this **talk series on prayer by Father John Riccardo**. It was given in 2006, but it's SO good. I promise you cannot listen to these and not feel inspired and also learn and go deeper into your prayer life when you hear these. They are good for those fumbling to create a prayer life to those who have already seriously committed to the practice. He looks at 1. “Thirst” 2. “Lectio Divina” 3. “Why Does God say No” 4. “The Lord's Prayer”

<https://frjohnriccardo.libsyn.com/webpage/2006/07>

I have separated out Prayer Resources and Spiritual Reading because those really are two different things. While Spiritual Reading can lead you into prayer, their goals are different. A gross generalization, but a useful one, is that Spiritual Reading leads to know ABOUT God, the Church, Salvation History, etc. while prayer resources lead you into conversation WITH God and to know him intimately. When Scripture is used as a prayer resource we call it Lectio Divina, and I highly recommend finding a good Lenten daily Scripture and reflection resource. Here are a few that you might enjoy, all of these are very inexpensive or even have online free versions or are free if you just pay for shipping:

Bishop Barron's Lenten Reflections - Free digital sent direct to your email:

<https://www.lentreflections.com>

Or Physical book with space for reflection writing:

<https://bishopbarronbooks.com/lentreflectionbooks2021>

Lenten Booklet from the Carmelite Sisters of the Most Sacred Heart in Los Angeles:

<https://carmelitesistersocd.com/product/lenten-booklet/>

Magnificat's Lenten Companion Book:

<https://bookstore.magnificat.net/lenten-companion.html>

“The Little Way of Lent: Meditations in the Spirit of St. Therese of Lisieux” by Fr. Gary Caster

“Lenten Reflections from A Father Who Keeps His Promises” by Scott Hahn

If you are interested in either of those last two books, you are welcome to borrow my books, I am using something else this year. First dibs so let me know who is interested. :)

Set a Fire: Catholic Lenten Devotional for Women from Blessed is She:

<https://blessedisshenet/product/set-a-fire-lenten-devotional/>

And this great looking resource that Linda Vaught shared with us at our first Bible Study in January. It is not specifically for Lent, as it is a 52 week journal for the whole year, but it is definitely something you could start during Lent and have it be fruitful for your whole year. In fact it could be a great time to start in it and then see how your fruits of Lent play out in your prayer during the year. Sorry I don't have a non-Amazon link yet:

Pray, Hope, & Don't Worry Prayer Journal for Catholic Women: A 52-Week Guided Devotional Through Scripture and the Saints to Overcome Anxiety [https://](https://www.amazon.com/dp/1950782166/ref=cm_sw_r_cp_api_glc_fabc_GUhcGbSD8K67C?_encoding=UTF8&psc=1)

www.amazon.com/dp/1950782166/ref=cm_sw_r_cp_api_glc_fabc_GUhcGbSD8K67C?_encoding=UTF8&psc=1

Last but not least, I know I have been mentioning it a lot this year, but I can't leave it out of a prayer reference list. John Bartunek's **“The Better Part”**. This is like a bootcamp for your mental prayer life and then one of the best collections of reflections with the Gospels that I have ever come across. You can find the older (less expensive) single volume version in various places like the Catholic Company or Amazon, or the new larger print edition that has been broken into 4 volumes through Sophia Institute Press.