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DAY BY DAY THROUGH LENT

A WALK WITH THE SAINTS

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Lent can be life's prime time to listen in silence to the words of the saints, to let the reflections of holy women and men penetrate our prayer, fasting, and almsgiving. In the spirit of the Sunday gospels, may these quotations spur us on in times of *temptation*, challenge us to *transformation*, increase our desire for *fruitfulness*, draw us more profoundly into *divine loving kindness*, and saturate us in *mercy*. May we live this Lent with our saintly legacy.

Ash Wednesday: "Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: who we are, where we come from, where we must go, and what path we must take in life."

— Pope Emeritus Benedict XVI

Thursday: "Prayer is the heart of the Christian life. It is essential as it is both the first step and the fulfillment of the devout life. We are directed to pray always. Particular times may be set for other acts of devotion, but for prayer there is no special time. We are to pray constantly."

— Anonymous Russian mystic

Friday: "Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petitions of others. If you do not close your ear to others, you open God's ear to yourself." — St. Peter Chrysologus

Saturday: "It is not how much we give but how much love we put into giving." — Blessed Mother Teresa of Calcutta

FIRST WEEK: TEMPTATION **Sunday:**

Temptation of Christ in the Desert Each of our lives is darkened by the shadows of alluring temptations. In this first Lenten week, let us look honestly at our inclinations, reflect on the words of holy men and women, and open our hearts wide to Christ's divine assistance. Jesus was tempted in the desert and understands what we're going through.

Monday: "We cannot consider ourselves perfect friends of God until we have passed through many temptations." – St. Francis of Assisi

Tuesday: "We are sometimes spared major temptations but are overtaken by small ones every day so that we may be humble and learn to recognize our frailty and avoid trusting in ourselves." – Thomas à Kempis

Wednesday: "Our life is a continuous battle with many crosses, trials and temptations. But only with them can noble and heroic souls be formed."

– Blessed Tarsykia Matskiv

Thursday: "Fire tempers iron and temptation steels the just. Often we do not know what we can stand. Temptation shows us what we are." – St. Francis de Sales

Friday: "Christ did not say 'You will not be tempted.' But he did say 'You will not be overcome.'" – Julian of Norwich

Saturday: "Life can impose sacrifices and trials upon us. We have strength and courage when we count, not on ourselves, but on God alone."
– Blessed Maria Droste