

**1st Sunday of Lent
March 9-10, 2019**

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Living Catholic in the 808: 40 Days

Sherry Hayes-Peirce
CIO, Church Social Tips

This is the first Sunday of Lent. In the Gospel readings the Holy Spirit beckons our Lord to journey to the desert for a 40 day fast. He is taunted and tempted by the devil to turn away from God, but Jesus remains faithful.

We are now being called to our own personal faith journey these forty days of the Lenten Season. It is a time to pray, fast and give to the needy. For so many this time has become a time to “give up” something, but it should be an opportunity “to give” more time to growing our relationship with Christ.

Here are a few ways you can grow your faith this Lent; attend mass one more day a week in addition to Sunday, start a devotion, novena, download a prayer app or volunteer at a homeless shelter.

“And do not forget to do good and to share with others, for with such sacrifices God is pleased.” Hebrews 13:16