

SUGGESTIONS FOR LENT FROM SR JOYCE RUPP

During Lent let us ask God to:

'Increase my awareness of the false judgments and unfair expectations that crowd out kindness and compassion for self and others.

Lessen unrestrained fears keeping me imprisoned in turmoil and confusion.

Soften any hardness of heart that I have towards another.

Strengthen my ability to love.

Help me topple the walls that prevent my being a forgiving person.

Expand my perception of the good things that life holds – and decrease my fear of not having enough, or being enough.