



# ST. JOHN PAUL II KEY TO A SUCESSFUL LENT

Lent is a beautiful time for spiritual renewal. For many centuries it has been the custom to “give up” something for the 40 days preparation for Easter. But, St. John Paul II had a different idea of things we should give up.

In his first Lenten message as pope in 1979, John Paul II wrote, “Going without things does not consist only of giving away what we do not need; but sometimes it also consists of giving away what we do need, like the Widow in the Gospel...”

“True sharing, which is a meeting with others, helps to free ourselves from the bonds that enslave us. And because it makes us see others as brothers and sisters, it enables us to see that we are children of the same Father. John Paul II saw Lent as an opportunity to empty ourselves in Christian charity.

The Good Samaritan, he says, is everyone by calling! By duty! The Good Samaritan lives charity. Let us examine ourselves sincerely, honestly, and simply. Our brothers and sisters are there among the poor, the sick, the outcast, the aged. What sort of love do we have? What sort of truth?

(Excerpt from Aleteia Newsletter)