

Thankful for God's nudge. This is the season that kicks off my mindfulness and pushes me along to spiritual renewal (hoping for a year long-lasting effect).

For me, Lent is not so much about what I give up, but instead it's about what I want to take up: a positive outlook, patience, compassion, forgiveness….Most of all, this Lent, and always, I want my faith turning to action.

What about you? Will you accept God's nudge? Go ahead, give up, take up, and lift up!

"No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great."
-J. Chrysostom

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