

*Stewardship ideas for a parish or individual to provide an opportunity for a closer relationship to God.*

## *Specific Instructions on Ways to Use Spirituality of Theology*

*“What return can I make to the Lord for all his goodness to me?”  
Psalm 116*

A Lenten Program with Suggestions for 40 Days of Renewal  
*Ideas from the Sermons of St. Augustine and Pope Leo the Great*

✚ Realizing the goodness of the Lord, turn away from sin by  
Fasting: “emptying out to make room for the Lord”

- ★ Consider the portions of food of the poor.
- ★ Practice moderation in personal life and in all activities.  
Thank the Lord for food and all good things.



Penance: “practicing self-discipline for the strength to do good”

- ★ Celebrate forgiveness with the Sacrament of Penance.
- ★ Reach out to help the poor, the sick or the suffering people.

✚ Walking in God’s presence, grow in the Christian Life with  
Spiritual Exercises: “taking on practices that draw us closer to God”

- ★ Study and pray with the Scriptures, the Creed and the Our Father
- ★ Join in devotions: The Way of the Cross, Holy Hour, Spiritual Reading, Rosary, etc.
- ★ Reflect with daily readings from : “The Little Black Book”  
*(Stewardship Resource Manual)*

Liturgical Prayer: “gathering for public prayer with the community”

- ★ Pray Morning Prayer and Evening Prayer with a grateful heart.
- ★ Participate in Sunday Mass and daily Mass if possible.
- ★ Use additional Prayers from the Stewardship Resource Manual

✚ Following 40 Days of Lent, Celebrate with the Triduum

Holy Thursday: **Accepting the Holy Oils, Washing of Feet, Stripping of the Altar**

Good Friday: **Hearing the Passion, Praying for the World, Venerating the Cross**

Easter Vigil: **Blessing the Fire, Hearing the Bible Stories, Blessing the Water, Initiating the Catechumens, Singing Alleluia, Celebrating Easter Eucharist**