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Season of Lent On the Run

by
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What are you giving up for Lent? Why do I have to give up something anyway? Growing up, the Season of Lent was always about what I couldn't do, or what I needed to give up. Candy was the usual sacrifice (Easter baskets weren't that far away!) until I realized how bad soda was for me, and then carbonated drinks became my favorite sacrifice. You know, kill two birds with one stone; do a little something and get healthy at the same time. Nothing too hard, but nothing too easy either, or my mother would just look at me. You know "the look," the one that says, can't you do better than that? And she was right. I just wasn't ready to be that good. This may sound familiar to you. You may have felt this way growing up, or your children may feel this way now. But Lent is about way more than giving up something that you can indulge in on Easter Sunday! Making little sacrifices helps us to walk in the footsteps of Our Lord and gives us the opportunity to discipline ourselves; build our spiritual muscles. Only Christ could suffer the way He did and die so that we could have Life. But each one of us can do something to show that we, too, want to be like Him and unite our sufferings with Him on the cross so to bring us closer to perfect union with the Father.