What to give up for Lent
Fr. Geoff Horton

If you’re tired of giving up whatever it is you usually give up, then you’re in luck! I scoured the Internet looking for ideas, removed all the ones that were either adding something for Lent (a good idea, but you must give up something as well) or giving up something sinful (always a good idea, and a good idea to focus on during Lent, but not something that qualifies as self-denial or penance because those require a gift back to God of something that’s good in and of itself).

If you’re stuck, have you thought of:

- Giving up the snooze button?
- Using the stairs instead of an elevator or escalator?
- Giving away any money you find?
- Turning off the car radio, or just music, or just talk radio, or your iPod while you walk?
- Restricting Internet time?
- Leaving the last bite of your food uneaten?
- Parking at the very back of the parking lot?
- Giving up texting and calling the person instead?
- Wearing the same 4 outfits for all of Lent?
- Skipping meat an extra day (or two) a week?
- Letting some else have the first place in line?
- Not saying “Just five minutes more” (when they keep you from family)?
- Giving up 1400 characters (or a day without tweeting)?
- Passing up on a second helping?
- Not staying up for Jimmy Fallon’s opening sketch (or whatever kept you from turning off the TV and going to bed last night)?

Pray.

Fast.

Give.

“The Church fasts; the world diets. Materially there is no difference, for a person can lose twenty pounds one way as well as the other. But the difference is in the intention.”

— Archbishop Fulton Sheen