



## *Give It Up!*

Every year we ask ourselves: what am I going to give up for Lent? Do we even know why we try to give something up for Lent? Or is Lent just another one of those mysteries we 'participate in' because we are told to?

**“No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other.” Matthew 6:24**

Don't look for what you 'can' give up, or fast from. Find what stands in the way between you and God and work to remove whatever blocks that path to God. If we want a relationship with God, we have to build our lives around that relationship, we can't say that it's up to God to make the first move, because he already has. Every day he tries to get closer to us and to build that relationship with us, but we ignore him or put him on hold. Oh, I'm too busy, I have to do this or that, well then do this or that, but do it with God. Well, I just don't know what to say, or where to start. It's not where you start, it's simply starting, it's not what you say, it's the fact that you say it.

**Happiness resides not in possessions, and not in gold,  
happiness dwells in the soul. Democritus**

**The feeling remains that God is on the journey, too.  
Saint Teresa of Avila**

God does not expect you to 'give up' all that you love and get down on your knees and pray the rosary fifty times a day, he wants YOU! He wants to be a part of your life, he wants you to experience all the wonder and beauty of life, he wants you to love like you've never loved before and he wants you to know love, the way he loves you. God wants you to enjoy life, to laugh and have fun, to know the joy of giving all that you have to give and experience the true power and beauty of life that will leave you breathless.

**“God has died for me...am I willing to die to myself and live for Him?” Unknown**

**“...they left everything and followed him.” Luke 5:11**

So what is Lent and why do we make such a big deal about fasting? Lent is a time to reflect on all that God has given us, and what can we do to imitate that love, how can we become a part of that love, how can we echo the love of God in our lives? What is it that blocks our view from God? So what are you going to do this Lent to grow closer to your Father, Savior, Creator & friend?

**“Through fasting we gain new  
insight and perspective to life”**

*O loving God who died for me,  
grant that I may leave behind all that leads me to stray.  
May the distance between my heart and Yours come to an end.  
And may my life begin again, renewed in grace  
and strengthened with love, each and every day.*

*Amen*

