

Scripture Reading: 1 Corinthians 10:1-13

When we die to something, something comes alive within us. If we die to self, charity comes alive; if we die to pride, service comes alive; if we die to lust, reverence for personality comes alive; if we die to anger, love comes alive.

—Fulton Sheen

When I think about what to give up for Lent, it reminds me of my New Year's resolutions. What about you? That vow to go easy on desserts — did you even make it until Ash Wednesday?

This year I made the same resolutions — with predictable results. So, looking ahead to Lent, I asked myself: what if I gave up something less tangible?

- What if I gave up being irritated at the person who cut in front of me while I was waiting to get my coffee?
- What if I gave up being annoyed because the same person told me the same story for the 10th time?
- What if I gave up being frustrated because I couldn't get my computer to obey my commands on the first try?

In my thinking, these nontangible sacrifices are more difficult than giving up chocolate, but they certainly help my blood pressure!

And what if I *added* something for Lent?

- Praying for people in my circle of friends while I am waiting for something — a staff person to arrive, standing in line, for lunch to be served.
- Mentally making a list of things for which I am thankful. In other words, "Counting my blessings," as the old hymn suggests.
- Writing notes of appreciation and thanks to friends and loved ones.
- Looking for the best in someone I have trouble getting along with.

All in all, giving up chocolate sounds easier than being gracious when I don't feel like it.

But traveling with Jesus on the road to Jerusalem is not an easy one. Fortunately, we do not travel alone.

—Melanie Silva

Prayer: Give us the strength and courage to try something challenging this Lenten season, O God. And keep us mindful that no matter where we go, you are with us. Amen.