

## **Lent impulse**

Many people understand Lent as a time to abstain - mainly from sweets, alcohol or the like. Perhaps we can also use this fasting period to think “bigger”, to examine our life in its entirety.

You will find a spiritual impulse once a week here on our homepage: <https://st-antoni.us.info> and on Facebook / Instagram.

Take some time for yourself with this impulse; look for a quiet place, a comfortable seating position, quiet music if necessary.

You can keep what is known as a “fasting diary” if you wish. You can light a candle.

It is entirely up to you how you want to use these impulses for yourself!

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With a view to the stay in the desert and the temptations of Jesus, we can let the Holy Spirit lead us to reflect on three dimensions of our life at the beginning of this Lent:

### **Hold - posture - behavior**

First there is the question of how my life will last.

Where do I find my hold in life? Is it my family, my friends and colleagues? Is it my job? Is it God?

How do I shape my relationships? In what intensity and sincerity?

What is important to me in my relationships? Am I a support for other people?

The second dimension are my attitudes.

What is my basic attitude that shapes my speech and actions?

Am I sincere, generous, calm or aggressive, dissatisfied, dogged? Am I dependent on my moods? (After a year under Corona conditions, that would not be surprising!)

How do I determine whether I am fine or not?

Thirdly, I can take a close look at my behavior.

What influences my behavior? Do I make my behavior solely dependent on sympathy or antipathy?

What demands do I have on myself with regard to my behavior towards myself, others and God?

The Easter time of penance is a good opportunity to examine the support, attitudes and behavior of our lives.

As a prayer inspiration for the above terms, I invite you to pray / meditate on Psalm 63:

God, my God you are, I am looking for you,  
my soul thirsts for you.

My flesh yearns for you  
like arid, thirsting land without water.

That's why I'm looking for you in the sanctuary  
to see your power and glory.

Because your grace is better than life.  
My lips will boast you.

That's how I praise you in my life  
in your name I raise my hands

My soul is full of fat and marrow,  
my mouth praises you with cheering lips.

I remember you in my bed

And ponder you when I watch

Yes you became my help

I rejoice in the shadow of your wings

My soul hangs on you  
your rights hold me tight

Who seek my life to destroy me  
they must go down to the depths of the earth.

They are exposed to the power of the sword,  
they become the jackals' prey.

But let the king rejoice in God!

Anyone who swears by him can boast.

But all liars have their mouths shut.