

# Exodus / Men's Lent Tips and Tricks



OF  
CATHOLIC DIOCESE  
BISHOP'S PASTORAL OFFICE  
CHRISTCHURCH

# Outline

- **Disciplines**
  - What's different
- **Tips for success**
  - Participants
  - Leaders
- **Inviting others**



Up Next

📅 3/5/2025

## Lent Challenge

Embrace the Cross

# Disclaimer



**I am just as broken as the next guy, if not more**  
The views below are a compilation of veterans'  
experience. Not my own.

# Disciplines

## What's missing?



### Lent Disciplines:

- Lent Reading and Reflection
- 30 minutes of prayer
- No unnecessary phone use
- No unnecessary computer use
- No unnecessary purchases
- Give an additional contribution to the poor of your local community (weekly)
- Daily Check-in with your anchor
- Weekly fraternity meeting
- Fast on Wednesday and Friday
- No meat Wednesday and Friday
- Regular, intense exercise
- Celebrate the Lord's Day

- Only listen to music that lifts the soul to God.
- Perform a nightly examine
- Abstain from desserts and sweets.
- No alcohol.
- Abstain from eating between meals.
- Abstain from soda or sweet drinks (white milk, black coffee, and black tea are permissible).
- Abstain from games on devices.
- Abstain from watching television, movies, or televised sports **alone**.
- Get a full night's sleep (at least seven hours is recommended).
- **Have cold showers**

# Suggestion



Treat disciplines in  
the app as a  
**minimum set**

Discuss adding the other  
disciplines at the start of the  
Lent

**Decide on these group by  
group**

I believe men will want the  
challenge

# SUCCESS





# Tips for success - 1



**Focus on the Why?  
Freedom FOR What**

**True freedom is to do God's will. It's for worship, sacrifice, and love.**



# Tips for success - 1



## **Focus on the “Why?”**

Disciplines are not an excuse for bad behaviour

Be mindful of impact on spouse / family

Be flexible especially for your spouse





# Tips for success - 2



**Talk to your spouse BEFORE you start**

Share your why

Talk about the disciplines

Be gracious when mistakes happen (e.g. food)

Weekly meetings are not wife slagging sessions



# Tips for success - 3



## **Focus on the Prayer**

**PRAYER IS EVERYTHING**

Give God the 1st of your day / attention

God will bless the time left

Adoration is key

**SILENCE TO HEAR GOD**



# Tips for success - 4



## **Schedule your priorities**

Routine massively helps prayer

Helps you stick to disciplines

Night examine



# Tips for success - 5



## **Make failing harder**

Minimise reliance on will power

Delete apps / Hide remotes

Setup screen time protections

Leave phone away from bed

Don't buy snacks / fizzy / alcohol

Plan ahead: books / podcasts / playlists



# Tips for success - 6



## **Accountability**

Give your Anchor and your family permission to  
hold you accountable

Own up when you fall



# Tips for success - 7



## **Don't despair**

No one does it perfectly. We all fall

Own up, reach out and get up

Lean on God with struggles

Rome was not built in a day

# Tips for success 9 – Leaders



- Communication
  - Whatsapp works well
  - Choose catch up location for group meeting
- Set fight club rules
- Punctuality
- Social gathering





# Tips for success - 10



## **Seek the Sacraments**

Strength from the Eucharist

Reconciliation

(recommend start and before Holy week)



# Pitfalls



- Don't have a purpose
- Don't talk to your spouse
- Pray whenever
- Don't plan or schedule
- Don't change your routines / triggers
- Avoid responsibility
- Block your anchor
- Wallow in self pity
- Don't seek the sacraments



# Inviting others – Common objections

**COST**

Time

Financial

# Inviting others – Common objections

## **Time**

Adoration time does not work for me

30-60 mins of prayer?

Isn't it selfish?

# Inviting others – Common objections

## **Cost**

Most people save money  
Less than Media subscriptions  
App not absolutely essential  
It covers the whole year

# Summary

- Focus on what is important
- Seek help
- Spread the word

