

## Exodus / Men's Lent Tips and Tricks

CATHOLIC DIOCESE
BISHOP'S PASTORAL OFFICE

CHRISTCHURCH

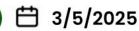




- Disciplines
  - · What's different
- Tips for success
  - Participants
  - Leaders
- Inviting others







#### **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

#### **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

#### What's missing?



- 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





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**











## Focus on the Why? Freedom FOR What

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





#### 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





#### 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





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





# Schedule your priorities Routine massively helps prayer Helps you stick to disciplines

Night examine





#### 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





#### Accountability

Give your Anchor and your family permission to hold you accountable

Own up when you fall





#### 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







#### **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 (1)

COST

Time Financial



#### Time

Adoration time does not work for me 30-60 mins of prayer?

Isn't it selfish?



#### 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

