

The Saturday after Ash Wednesday: 2/21/26

This week's wins (LODATFCT)

Some ways I stayed true to my Lenten sacrifices and fasting was fasting on Wednesdays and Fridays, taking cold showers, morning offering and the Examen, and no sweets or desserts.

I set aside time for prayer when I assured I would have at least 30 minutes towards the end of the day for God, to pray and reflect. It felt truly satisfying to focus on talking to God but it also made me realize we need to listen as well.

One time I served another was when I spent the time to help Sophia with her homework, and it felt great to help someone in this way.

Magnificat Lenten Reflection

Invitations can be declined, same with God's invitations for us, but what we need to remember is that because we choose doesn't mean we made the right choice.

Magnificat Meditation

In today's meditation St. Peter Damian mentions a great verse: 'This momentary light affliction is producing for us an eternal weight beyond all comparison' (2 Cor 4:17) We seek the weighty and suffer lightly. Therefore, rejoice in your suffering, because you have come to know it will pass! But eternal glories shall never fade away!

Revision #1

Created 2026-02-22 12:53:16 UTC by Owen

Updated 2026-02-22 13:03:02 UTC by Owen