



## Msgr. Mike's Blog: Don't Give Up Chocolate This Lent

February 2016



Don't give up chocolate this Lent? But I've always given up chocolate for Lent.....ever since childhood.....and candy and ice cream, too. Why would a poster from Matthew Kelly's Dynamic Catholic encourage us not to give up chocolate this year and have our Best Lent Ever?

Does this mean no more prayer, fasting and almsgiving during the upcoming 40 days? Not at all.

These three traditional spiritual practices are still the basic foundation for whatever we chose to do during Lent. They are also more closely connected to one another than we often realize. When we fast from certain foods and drink, the hungers we experience are meant to point us to God. Fasting can help us realize that we also hunger for God's mercy and love every day we live. Recognizing our dependence on God for all things, we realize that God feeds our deepest hungers when we take time to pray. And then if we follow through with our fasting, the money saved is set aside and given to those in need as part of our Lenten Almsgiving. If we want to "give up something" for Lent we must make sure that it gets connected with our prayer and charitable giving as well.

The enticing advertisement about chocolate challenges us to use our imagination and look at Lent in a new way this year. By reading Matthew Kelly's book *Rediscover Jesus*, we will be challenged to go much deeper and perhaps find even more meaningful ways of living out our faith. Giving up chocolate may be a true sacrifice for us, and that is fine. But for the person who truly wants to follow Jesus, it just isn't enough. So be sure to pick up your copy of *Rediscover Jesus* when you come to Mass on Ash [Wednesday](#) and sign up for the daily email from Dynamic Catholic. Who knows? With or without chocolate, this just might be your Best Lent Ever!