

Lent is a time when we relive the Passion of Christ. Let it not be just a time when our feelings are roused, but let it be a change that comes through cooperation with God's grace in real sacrifices of self. Sacrifice, to be real, must cost; it must hurt; it must empty us of self. Let us go through the Passion of Christ day by day.

During Lent we shall in a special way and with deep feeling meditate on the Passion of our Lord and examine our conscience on what sin of ours caused that special pain to Jesus. I will make reparation and share that pain by doubling my penance. I shall keep strict custody of my eyes; I shall keep clean thoughts in my mind; I shall touch the sick with greater gentleness and compassion; I shall keep the silence of the heart with greater care, so that in the silence of my heart I hear his words of comfort, and from the fullness of my heart I comfort Jesus in the distressing disguise of the poor. I shall confess especially my neglect of penance.