



Lent is a time of grace, a call to deep conversion, and an invitation to return to the heart of God. It is not merely a period of deprivation or external rules but a journey of inner transformation. On this spiritual path, three essential pillars help us fully live this season: **renunciation, repentance, and renewal.**

Now more than ever, in a society that promotes individualism, comfort, and instant success, the Lenten message challenges us to step outside ourselves, humbly examine our lives, and allow God to make all things new within us.

1. Renunciation: Letting Go to Gain

The modern world urges us to accumulate, satisfy desires instantly, and avoid sacrifice. However, Jesus teaches us that only those who **lose their lives for His sake will find them** (cf. Mt 16:25).

Christian renunciation is not an act of self-destruction or a rejection of what is good in life, but rather a free and loving surrender. During Lent, fasting and abstinence are visible signs of this reality: **when we renounce the superficial, we learn to value the essential.**

Renunciation can take many forms:

- Reducing distractions to dedicate more time to prayer.
- Limiting social media and technology use to focus on real-life relationships.
- Abandoning habits that distance us from God, such as gossip, impatience, or lack of charity.

The goal is clear: **to empty our hearts of everything that enslaves us so that God can fill them with His grace.**

2. Repentance: The Heart That Returns to God

Repentance is at the core of the Lenten message. From the time of the prophets to the proclamation of John the Baptist and Jesus Himself, the call to conversion has been constant:

| *“Repent and believe in the Gospel” (Mk 1:15).*

True repentance is not just a feeling of guilt but an active decision to return to God.



Recognizing our sins is not enough; we must also change direction, sincerely desiring to be transformed by Christ's love.

The Church offers us the Sacrament of Reconciliation as the great channel of divine mercy. In Confession, we are not only forgiven but also healed and strengthened to walk with renewed fervor.

To live repentance authentically this Lent, we can:

- Make a sincere daily examination of conscience.
- Seek Confession with humility and trust.
- Repair, as much as possible, the damage caused by our sins.

God does not only forgive us—He transforms us. No matter how far we have strayed, there is always a way back.

3. Renewal: A New Beginning in Christ

Lent does not end in penance but in the joy of Easter. **God not only calls us to renounce and repent but to be renewed in His love.**

Saint Paul expresses it powerfully:

“If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (2 Cor 5:17).

Renewal means embracing the life of Christ with joy, allowing His light to transform our relationships, our work, our thoughts, and our daily decisions.

To make this Lent a true time of renewal, we can:

- Commit to a deeper and more consistent life of prayer.
- Exercise concrete charity by helping those around us.
- Live each day with a spirit of gratitude and trust in God's providence.



Living Lent in Today's World

In a time when superficiality and haste pull us away from life's true meaning, Lent is an opportunity to **pause, reflect, and return to what is essential**. It is not merely an annual ritual but a call to real transformation.

To renounce in order to gain Christ. To repent in order to find His mercy. To be renewed in order to live in the joy of the Resurrection.

This is the true spirit of Lent: **a journey that leads us from dust and ashes to the glorious light of Easter**. May we walk this path with open hearts, trusting that God sustains us every step of the way.

Lenten Prayer

Lord, in this holy season,
help me renounce what distances me from You,
repent sincerely,
and be renewed in Your love.
May this Lent be a new beginning,
an opportunity to grow in holiness
and walk closer to You.
Amen.