

# 4 TIPS FOR CREATING YOUR LENTEN GOALS

- 1. Be as specific as possible. Don't just say "I'm going to pray more". Instead, say "I'm going to pray every day at this time, in this way, for this long, and in this place". Vague goals usually don't get you anywhere.**
- 2. Don't choose a sin as something that you're going to give up (example: "I am going to give up gossiping"). As Christians we should be giving up sin EVERYDAY of the year, not just during Lent. While it might be a good idea to focus on carving gossip out of your life, it's typically encouraged that the thing you give up be something you normally enjoy or are somewhat attached to.**
- 3. Don't make your goals too tough. You want to be able to actually accomplish them. That said, don't be too wimpy, either. You CAN do all things through Christ who strengthens you! (Phil 4:13)**

**Case in Point: I made the mistake my freshman year of college by joining a friend in a 40-day bread and water only Lenten fast. Needless to say, we both lasted less than a week, felt like failures, and wasted the rest of Lent by not choosing new, more achievable goals. Ever since I've tried to choose challenging, yet attainable goals for Lent.**

- 4. Ask God what He wants you to give up and do better/extra this Lent. He knows you better than you know you, so don't be afraid to ask for His advice!**