

My Personal Plan for Lent (With Pope Francis)
Towards Awareness, Attitude and Action (Reflect, Review and Renew)

-Fr. Gilbert Choondal sdb

1. Wounded Christian

“I prefer a Church which is bruised, hurting and dirty (EG 49).

When Pope Francis was asked the question, “who is Jorge Bergoglio?” he replied with a sense of certainty, “I am a sinner. It is not a figure of speech, a literary genre. I am a sinner.” How courageous are you to acknowledge your woundedness? What are your emotional attitudes to such steps? (tick the ones appropriate)

(I am shy to admit my mistakes, I am afraid of others’ impression about me, I wear several masks to hide me, I feel at home in the company of wrong people, I can relish the company of anyone)

2. Merciful Christian

“I want to remind priests that the confessional must not be a torture chamber but rather an encounter with the Lord’s mercy which spurs us on to do our best (EG 44).”

How do I understand the significance of the sacrament of reconciliation?

Confession for me is.....

Plan for a proper confession during this lent. Make a list of things that you are intending to do for this great moment of grace.

- a. Preparation: How are you going to prepare for this during this lent?
- b. Contrition: What is the level of repentance?
- c. Reparation: what do you intend to rectify in your life?

3. Smelling Christian

Evangelizers thus take on the “smell of the sheep” EG 24

Who are your sheep today? (tick more than one if necessary)

Students, Beneficiaries of my work/ministry (specify.....), old people, youth, community members, Parishioners, Poor people, my co-workers, any other (specify.....)

In the line below, mark the percentage of smell of the sheep you gather per day.

0 %

100 %

4. Receptive Christian

“The Church is not a tollhouse; it is the house of the Father, where there is a place for everyone, with all their problems (EG 47).”

How open is my church/community to the people?

Very much open, very little open, not at all open

How much available is my life to the people?

Ever available to anyone, to some always open! I have my own privacy, I am too busy to spend time with people, I am willing but my rules/ structure does not permit me

5. Poor Christian for the poor

“I want a Church which is poor and for the poor (EG 198).”

How do I understand poverty in my life?

Poverty in my life is.....

Which areas of my life do I need to simplify? Specify the areas and your mode of simplification.

| Areas in my life | What I intend to do |
|------------------|---------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

What do you learn from pope’s simplicity of life?

.....

What do you intend to do during this lent for the poor? Write a prayer and an action plan.

Prayer:.....

.....

.....

Action:.....

6. Joyful Christian

“There are Christians whose lives seem like Lent without Easter(EG 6).”

Make an inventory of joyful moments in your life. What blocks you? What leads you?

| My masks that block real joy in me | Things that lead me to real joy |
|------------------------------------|---------------------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

7. Evangelising Christian

“To pray for a person with whom I am irritated is ... an act of evangelization. Let us do it today (EG 101)!”

How do I evangelize? (tick more than one if necessary)

Catechesis, Sharing my faith with others, Prayer, Helping the poor, homily, doing my duty, any other (specify.....)

Write three things you are going to do during this lent

1.

2.

3.

“Among the most striking experiences of the last decades is finding doors closed. Little by little increasing insecurity has made us bolt doors, employ means of vigilance, install security cameras and mistrust strangers who call at our door... The image of an open door has always been a symbol of light, friendship, happiness, liberty and trust. How we need to recover them. The closed door does us harm, reduces and separates us.” Card. Jorge Bergoglio, Pastoral Letter October 2012)