

*Lenten
Meditations
With
Fulton J. Sheen*



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Introduction

The word *Lent*, from the Middle English word *lenten*, means “springtime.” The Lenten season lasts forty days because Jesus went into the desert for forty days of fasting, meditation and reflection before beginning his ministry.

The Congregation for Divine Worship describes Lent as a time of preparation for Easter. “It is a time to hear the Word of God, to convert, to prepare for and remember Baptism, to be reconciled with God and one’s neighbor, and of more frequent recourse to the ‘arms of Christian penance’: prayer, fasting and good works.”

The quotations collected in this booklet from the writings of Bishop Fulton J. Sheen

invite us to enter the season of Lent as active participants. With Bishop Sheen as our guide, may we ready our hearts to be “re-created, re-made, and incorporated into the Risen Christ so that we live his life, think his thoughts, and will his love.” (From *Simple Truths*)

*A complete list of the works quoted
in this booklet appears on pages 47 and 48.*

Day 1

Invite God In

There is not a single soul at which God has not knocked thousands of times. As the sun is always illuminating, so God is always acting on the soul. Whether we respond or not to God's summoning of our souls, notice that the first impetus always comes from him. He seeks us before we dream of seeking him; he knocks before we invite him in; he loves us before we respond.

LIFT UP YOUR HEART

*Listen! I am standing at the door, knocking;
if you hear my voice and open the door,
I will come in to you and eat with you,
and you with me.*

REVELATION 3:20

Day 2

Give God Your Heart

God will love you, of course, even though you do not love him, but remember if you give him only half your heart, he can make you only fifty percent happy. You have freedom only to give your heart away. To whom do you give yours? You give it either to the moods of the hour, to your egotism, to creatures, or to God.

SEVEN WORDS OF JESUS AND MARY

*Teach me your way, O Lord, that
I may walk in your truth; give me an
undivided heart to revere your name.*

PSALM 86:11