

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

BCP: Lent II, p. 218

Lent is meant to be a time of reflection and reordering our lives. It is a time to welcome God back into our busy schedule and meandering priorities. How do we get back to the basics, as it were? In some surprisingly practical ways.

20 IDEAS FOR SIMPLIFYING LIFE AND LIVING SPIRITUALLY

1. Learn short prayers: "Thanks", "Help me", "Your creation is wonderful!"
2. Turn off the radio: "You might get reintroduced to original thought!"
3. Learn spontaneous prayer: "Like laughter, prayer should roll from our hearts."
4. Set aside five minutes each day and read one page of Lesser Feasts and Fasts.
5. Turn off the T.V. - or throw it away. It is, by design, intrusive and rude.
6. Sit quietly before beginning the day and empty your self of all thoughts for a 2 minute time for "listening prayer".
7. Don't read the paper: it's amazing how much time it takes and how little you recall the next day. Most, if not all of it, is very forgettable.
8. Ride with a friend or car pool to work: drive less, laugh more, complain less.
9. Pray while you are cooking. The monks and religious made an art of this.
10. Refuse to accept phone solicitations, especially at dinner time or on weekends.
11. Walk somewhere at least once a day. Remember, you are walking with God.
12. Be present and aware in each action of the day. What is its' purpose?
13. Double your recipes when you cook and freeze half for another day.
14. Read a psalm once a day.
15. Talk to someone about your spiritual life, regularly.
16. When things get crazy, take a deep breath, say a short prayer, and then listen.
17. Prioritize your commitments: list them all, draw a line through the bottom third and modify or resign from these.
18. Never shop without a final shopping list - and don't be distracted or influenced.
19. Refuse to read or to listen to ads.
20. Go to church 10 minutes early and just sit, ask God what you could have done differently to simplify and focus your life the last week and then listen and act.

Your life is in your hands - but you can ask for help from thousands of places.
The Saints, both past and present, are a good place to start.

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