Forty days of prayer and fasting. Why do we do this? ... We imitate Jesus’ forty days of prayer and fasting in the wilderness before he began his public ministry. We now spend forty days of praying more than we normally do, and sacrificing food or drink or other good things and turning away from sin in order that we might draw closer to God in knowing and doing his will. May I make one suggestion regarding prayer, make sure to be at Sunday Mass every weekend, and try to be at Mass once during the week. The more that we pray and sacrifice in Lent, the more we will experience the joys at Easter.

So, God loves you dearly, uniquely, individually. The Psalmist is inspired to declare for God, “I have written your name in the palm of my hand.”

St. James writes, “Draw close to God, and he will draw close to you.” (4.8) Happily we begin this holy season of extra prayer and fasting so that we might “turn away from sin and be more faithful to the gospel.”