

Lent Simplicity Challenge

Fast from Distractions & Take Time to Rest

The Reason:

In the Lenten season, we are asked to increase our prayer, fasting, and almsgiving. This year, we suggest fasting from some of the distractions that most take away from our ability to pray, live peacefully, and focus: media. Netflix, Snapchat, and sports can consume us, and we believe most of us are more addicted to these forms of media than we care to believe. We dare you to try something difficult this Lent and take on our Simplicity Challenge.

The Challenge:

During Lent in 2017, Our Lady of Grace youth, young adult, and adult parishioners are invited to take part in the Lenten Simplicity Challenge.

1. You do not use the social network (Facebook, Twitter, Instagram, Snapchat) you typically use the most.
2. No Movies, YouTube, Netflix, Shows, TV, Streaming Video, or watching sports (really anything on a screen.)
3. If you need social media or video for school or work, you may use it (but as sparingly as possible).
4. If there is a social setting (everyone going to a movie or somewhere to watch the big game), you can watch (but not too often!).
5. Music, Podcasts, and other audio-only media is allowed, but NOT in social settings (school, gym, work, etc.)
6. Replace activities you give up with things like prayer, games, conversation, puzzles, service, exercise, etc.
7. You must actually take the time for leisure (and not just replace it with more work).

The Benefit:

We believe that, in sacrificing your media consumption, you will find that you have more time in your day, that God is working in subtle ways you may not have noticed before, and that you can live a more abundant life away from your media (Jn. 10:10).

In addition to working on your peace of mind and relationship with God (the main reasons you should take on this challenge), one challenge participant will also be drawn at random to receive ONE FREE WEEK AT BETHLEHEM FARM to be used in 2017. This is an approximately \$400 value.

Sign Up:

To sign up for this Challenge, please visit ologn.org/ym to register and enter your name for the drawing. All OLG youth and adults are invited to give it a shot! We will take people on their honor that, once they sign up, they will do their best to complete the challenge during all of Lent. We will not be policing how you do, and we understand that you may slip up here and there! But if you get to a point that you feel like you cannot last with the challenge, you may contact us (JRTeitgen@ologn.org) and we can take your name out of the drawing. Please let us know if you have any questions!

The Lent Simplicity Challenge is sponsored by Bethlehem Farm & Our Lady of Grace.