

OBSERVING LENT

1. Select a rock (something small that you can easily carry with you).
2. Choose something about yourself which you do not want to be true of you and wish was different. This could be a characteristic, a feeling, a thought, an action; you might hate it, fear it, not understand it, be embarrassed by it, be ashamed of it or by it; this is something you do not want to be true of you and wish was different.
3. Allow the rock (or whatever) to represent what you do not want to be true of you.
4. Carry the rock with you and take it out and handle it routinely or occasionally as a way to help yourself remember what you do not want to be true of you. Think about what this is and notice the reasons you wish it was not true of you.
5. After you have remembered what you do not want to be true of you and have thought about the reasons why you do not want it to be true, allow yourself to be open to any thoughts or feelings that come to you suggesting ways to be less judgmental and critical of what you wish was different.
6. Pay attention to these thoughts that come. If no thoughts come, pay attention to the fact that nothing different came to you. You do not need to make any different thoughts or feelings come. Just notice whatever happens.
7. Do this routinely each day throughout the Season of Lent.
8. You may notice that what you do not want to be true of you changes over time. If this happens, allow the change to occur and explore the reasons you wish this new item was not true. Continue with numbers 4-7 above.