For many Catholics, Lent is all about what we give up—television, chocolate, alcohol . . .

The period from Ash Wednesday to Easter becomes an endurance test, a struggle between what we believe we should do and what we actually want to do. But when the only focus is on depriving ourselves of something, we can actually deprive ourselves of the true gift of Lent—it is a time for us to grow prayerfully, personally, and powerfully in our relationship with God.

Incorporating many of the principles of Ignatian spirituality, Praying Lent provides us with a rich, full, and transformative Lenten experience, one in which hearts, minds, and lives are truly renewed so that we may love God more deeply and, in turn, serve the world more fervently.

Fr. Andy and Maureen cofounded the Creighton University Online Ministries Web site, www.creighton.edu/collaborativeministry/online.html. This book of resources for Lent is taken from that Web site.