

When we give up something for Lent, we're ultimately going to experience that moment when we reach for the thing we gave up and realize that we may need to replace it with something else.

So the best Lenten advice we can share with you is to prepare for that — to know that you're going to be tempted, and to have a plan for what you're going to do in that moment.

So when you consider what to give up this Lent, also plan for what you'll replace it with...

Because every time we say "no" to something, we're saying "yes" to something else — even if we don't realize it.

Here are things you can say "yes" to while you say "no" to what you're giving up:

- + **If you're giving up social media:** Replace it with reading the daily Mass readings, or a daily devotional, or replace it with listening to a podcast ([like ours](#) or the [Bible in a Year](#) podcast). Text a friend about what you're reading. Put a picture of a short prayer as the background of your phone and pray it every time you reach for it.
- + **If you're giving up podcasts, tv shows, or movies:** Replace it with watching or listening to Catholic talks that help you grow in your faith life, like our online Pray More Novenas' [Lenten Retreat](#), or [Formed videos](#), or daily homilies you can find online. Take the time you would have spent watching a show and pray the [Rosary](#) or the [Divine Mercy Chaplet](#), or visit the Lord in Eucharistic Adoration.
- + **If you're giving up complaining:** Replace it with a journal of gratitude and praise for the Lord. Write down the little blessings you see around you throughout your day. Plan to share an encouragement or a compliment with someone each day. Say prayers of gratitude every morning before getting out of bed and every night as you fall asleep.
- + **If you're giving up shopping for yourself:** You can donate what you no longer need or volunteer your time during Lent. You could visit a friend you haven't seen in a while, and ask them if they need something helpful before you drop by.
- + **If you're giving up any sort of food or drinks:** You can replace it with a prayer for those who are hungry and in need. For people who are lonely or forgotten, or for the souls in Purgatory. You can volunteer to make a meal for someone you know or someone in your parish.

Fasting is a way to make space for the Lord to work in our lives, so these sacrifices -- big or small -- give the Lord the opportunity to speak and it gives us the chance to respond to Him and be in relationship with Him.

Whatever you give up, we hope these suggestions will be helpful for you to have a fruitful Lent.