

# 12 phrases of saints and the Pope on Lent

Here you have some phrases of saints and the Pope that can accompany us during Lent, the 40-day journey towards Easter.

03/06/2022

1. There is an invitation that comes from the heart of God, who with arms wide open and eyes full of longing implores us: "Return to me with all your heart". Pope Francis
2. Lent is a journey back to God. Pope Francis

3. Let us ask ourselves: where does the navigator of my life take me, towards God or towards my own self? Pope Francis

4. The journey of Lent is an exodus, an exodus from slavery to freedom. Pope Francis

5. How sincere would your fasting be if what you spent on your feasting were to be given instead to the poor? Saint Ambrose

6. He who prays, let him fast. Let him who fasts have compassion. Saint Peter Chrysologus

7. Fast for God, not for oneself. Saint Paul VI

8. Giving up pleasures, even food and drink, is not an end in itself. It should only pave the way for deeper things on which the inner man can "feed". Saint John Paul II

9. Know how to bear the trying moments cheerfully and quietly in order to make life pleasant for other people. Saint Josemaría Escrivá

10. The Church reminds us that during Lent there is also room for joy. Lent is also a time for fortitude and a time for rejoicing. Saint Josemaría Escrivá

11. The witness of our life of self surrender ends up becoming a magnet to attract those who want to do great things. Blessed Álvaro del Portillo

12. The Church does not lead her children to simply carry out some external practices, but to a serious commitment of love and generosity for the good of their brothers and sisters. Saint John XXIII

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