



How seriously do you want to have an amazing Lent? This year, if you want to have a more powerful experience of Lent than ever before, then you need to do something different. Often we treat Lent as a time to focus on our own souls—and we need to tend to our souls to flourish. But the truth is, you simply cannot have your best Lent if you just fill up your own soul and press on with your day. Too many souls are lost and separated from God for that. Your best Lent will happen when you make the shift from a consumer to a disciple.

So here are 10 sources of soul-feeding content for you to consume...and then share boldly, as if souls depended on it. Because they do.

Inspiration from Fulton Sheen

“The torch of our faith has been given to us not to delight our eyes but to enkindle the torches of our fellow men.” –Fulton Sheen

God wants you to dream!

What’s “on hold” in your life, and how would addressing it change your life?

Virtue in focus...

Goodness is the quality of being good, having virtue, character and moral excellence. Are you striving for goodness? How do you feel when you behave in ways that are good, virtuous and morally excellent? Who is one person in your life that models goodness for you?

A burst of wisdom.

There are two kinds of people. [Which are you?](#)

Did you know...

[A study from Baylor University](#) found that 90% of Americans have prayed for healing at some point in their lives? How might God be inviting you to be an answer to someone’s prayer in a time of sickness or injury?

For the young and young at heart...

[Let Jesus’s example inspire you to go out and serve others.](#)

For those in a period of transition...

“Ask Him to take away your resistance to change and replace it with the thrill of possibility.”—Jane Trufant Harvey, taken from *Ask Him*

We become the content we consume

What would happen if you tried to live one of Jesus’ most difficult teachings each day this Lent? Or spent every day taking on a new generosity challenge? Let’s find out. Sign up for [BEST LENT EVER 2.0 here.](#)

Feed your soul!

Take your Sunday experience to the next level with this [6-minute reflection on this Sunday’s Gospel.](#)

Let’s Pray!

“God of humility and truth, hear my prayer this lenten season. Point me toward the path that leads to you. Help me to get to know myself better, so that I may know how to improve and ultimately become the best-version-of-myself for you. Amen.” — Matthew Kelly, *Rediscover Lent*

For more information on this email and our partnership with Dynamic Catholic [check out this video.](#)