

The Terrain:

Do we control our stomach or does it control us? We reluctantly make sacrifices to limit our consumption of food, drink, and other material goods which means we easily get out of balance. We often forget the sacrifice that Christ made for us on the Cross, and our love for Him diminishes as a result.

The Path

Forward:

Imitation is the sincerest form of flattery, which is part of why for centuries Catholics have observed Fridays as days of sacrifice and penance in order to imitate Christ who sacrificed everything for us all. Fasting and abstaining from food and drink teaches the virtue of temperance, bringing healing and order to our untamed appetites.



OBSERVE NO-FRILLS FRIDAYS



SKIP DESSERT OR A SECOND HELPING EVERY FRIDAY OF THE YEAR.



MAKE REGULAR PERIODS OF SILENCE EVERY FRIDAY OF THE YEAR.



EAT NO MEAT EVERY FRIDAY OF THE YEAR (BESIDES LENT).

Tip for success:

Not a fan of fish? There are many other menu options besides eating fish in order to avoid eating meat on Fridays. If a sacrifice of food is not practical, remember that the goal is to make some sacrifice that involves the bodily senses and helps us avoid extravagance in our habits. Extravagance also includes buying expensive fish dinners.



Fruits of victory:

A deeper appreciation of the supreme sacrifice of Christ, and the freedom of self-control that only comes from the virtue of temperance.



Extra stuff:

All Catholics are obligated to observe days of penance throughout the year, according to the *Catechism of the Catholic Church*, which includes all Fridays of the year with few exceptions. In Lent, the common and unified means of doing penance on Fridays is abstaining from meat. For all other Fridays, some other means of doing penance rather than abstaining from meat may be chosen.

Holy Habits Pledge:

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

