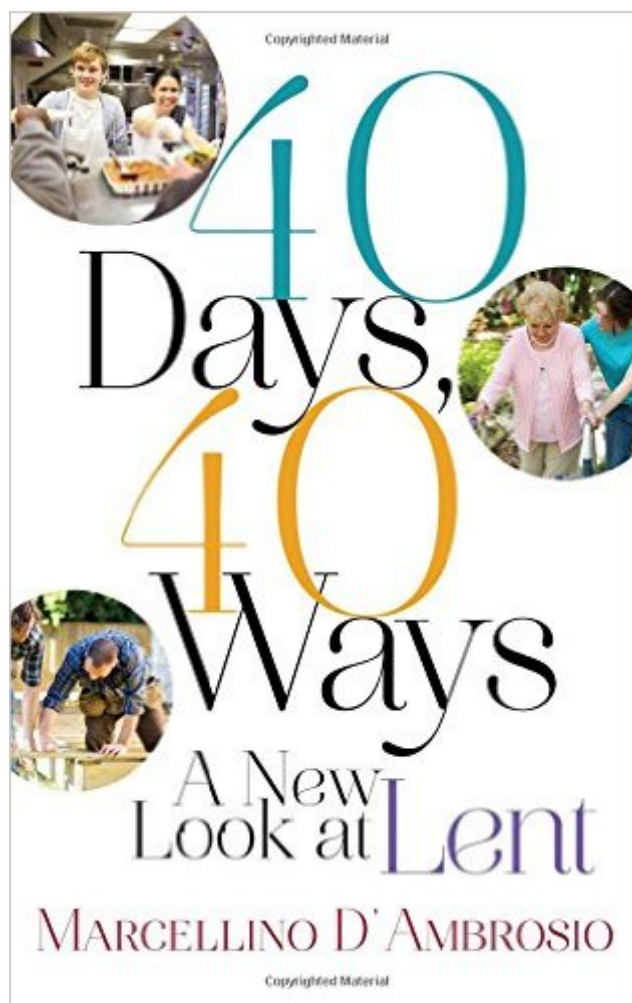


The book was found

40 Days, 40 Ways: A New Look At Lent



Synopsis

If you're looking for a new Lenten experience, here are forty fresh ideas. Some will challenge you to deepen your prayer life; others will open your mind to new ways to serve others. Each of the forty ways includes a reflection to help you understand more about Lent and why it matters.

You'll learn how to have a more creative experience of Lent. You'll discover positive, proactive ways to take action instead of the same old routine of giving something up. The result will be spiritual transformation and a closer walk with Christ—not only during Lent but throughout the year.

Book Information

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Customer Reviews

40 Days, 40 Ways is Dr. Marcellino D'Ambrosio's latest book. You might remember his previous one, which I also reviewed, called When the Church was Young! In his latest book, he attempts to get us to look at Lent in a new way. Most people dread Lent, and just try and find something to give up to satisfy the requirement and have their "card punched." Dr. D'Ambrosio (aka Dr. Italy) instead provides us with devotions, prayers, or other tasks we can do. He tries to make Lent more about what we can do and not what we cannot do. Each day is about two to three pages long, and starts with a suggestion on what to do, not just this day in Lent, but the whole season. Some of the tasks are "easy," like pledging to say the "Our Father" three times a day. Other tasks require more effort like going on a contemplative retreat during Lent. After the task, we are then given a long reflection on the specific task for the day. For example, on the day that tells us to pledge to say the "Our Father," Dr. Italy discusses the word father, its meaning, and how personal it is that we can call God

our Father. In addition to covering the 40 days of Lent, there are reflections (but no task to complete) for each Sunday during Lent, as well as Easter Sunday. There is also a helpful section of resources at the end, which includes prayers, devotions, books to read, etc. I found this book to be a refreshing change of perspective on Lent. Be sure to read the Preface, I didn't my first time through and thought the book was a bit overwhelming. However, reading the Preface he encourages you to read through the Table of Contents, and pick a few tasks you can accomplish this Lent.

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