

THE ALL-IN CATHOLIC: Lenten Resolutions

Bringing a greater understanding of Catholic Christian teachings to Catholics & non-Catholics.

Taken from Magnificat on February 13, 2024.

From the spiritual journal of Servant of God, Elisabeth Leseur.

“Tomorrow Lent begins. I have just made a short meditation and my resolutions for this graced time.

I want to practice recollection, penance, and charity. Recollection, which can exist in the midst of busyness and exterior obligations from which, less than any other woman, I can excuse myself. The soul can be as white and empty of worldly influence as the cell of a monk. The crucifix and some books—that is to say, God and work is what fills the solitude of nuns and monks; this is what can make a woman who is completely flooded with noise and activity, solitary.

Second, penance. Apart from penances prescribed by the Church, I must perform my own, unlike others.... And in the trials of my life or the distress of ill health, I shall have plenty of opportunity to deny myself.

Finally, charity. Increasingly, to make myself all things to all people, to forget myself for others, to be always tolerant and cheerful, to show more love to those around me, to go more to little ones and to the humble. Even in times of debility and physical exhaustion I must not be as lazy as I have been recently. I must prudently resume my work, but with more energy and perseverance. And always silence, unless speaking can do some good. Not to speak about myself. To be more pleasant than I have been for a while. To smile and share in the joys and pleasures of others when I am physically very tired is more advantageous than when in good health, for the effort is greater. May others see in me only that which can console or do them some good, and may you alone, God, know the silent struggles within me. May Lent be a time of preparation and sanctification. May I perhaps become, O my God, your instrument and your apostle for those I love and for those you love.”

Elisabeth Leseur († 1914) was a French laywoman whose atheist husband, upon reading her spiritual journal after her death, experienced a profound conversion and later became a Dominican priest.

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