

Mount 40

Brothers and Sisters in Christ,

Thank you for considering Mount 40. This program is not going to be easy, but I promise it will be worth it. The goal is not to pointlessly add misery and complication to your life but to deny temporary pleasures of this world for the purpose of becoming true men and women of God. By building discipline, fortitude and constantly reaffirm the simple truth that our fulfillment does not come from our fleeting cravings, but only from Christ. Let me tell you, it is a powerful experience when after a few weeks of Lent you find yourself craving sweets and you remind yourself, "My fulfillment does NOT come from a piece of cake but from Jesus." And when Easter finally rolls around, you'll be reminded of the freedom Easter represents every time you reach for that piece of cake. If we begin with sacrifice, we know we will end in rejoicing. How sad would it be to go about it the other way around! Climbing the mountain is hard, but the view at the top is worth it.

This program is built on 4 principles: Prayer, Asceticism, Spiritual Lessons and Fraternity:

- **Prayer:** The first and most component in any life is prayer. Prayer should be the center of our lives and one of the most concrete ways to establish prayer at the center of your life is routine. It should be the first thing you do when you wake up, the last thing you do before falling asleep and frequent in between.
 - **Morning:** We will start each morning by offering ourselves to Christ. We will make the sign of the cross on our foreheads to offer our minds, our eyes to offer our eyes, our lips to offer our words, our hands to offer our endeavors, and our hearts to offer our hearts.
 - **Night Prayer:** Before going to bed, briefly review your day. Where did you do Christ's will? Where didn't you? What blessings did he give you? Then ask Christ to watch over you as you sleep. Finish with 3 Hail Mary's for purity of heart and mind.
 - **Rosary:** What better way is there to meditate on the life of Christ than through the eyes of the human who loved him most? What love is stronger than the love of a mother? Many of the great saints had a strong devotion to our Blessed Mother that sustained them their whole lives.
 - **Lectio Divina:** Each day, Christ gives us a new message through a different reading of his word. It may not always be easy at first to experience fruit when meditating of the Living Word of God, but you will find that after time and often when you most need it, Christ speaks to you in ways that stick with you.
 - **Holy Hour:** As busy students, it is hard to dedicate uninterrupted time to many things, but it is the sign of a true disciple to go so far as to make changes to your schedule to dedicate to Christ. You are strongly encouraged to dedicate an uninterrupted "Holy Hour" to Christ every week. Make sure to also dedicate time to visit the Blessed Sacrament every day.

- **Asceticism:** Now we get to the part perhaps you have been dreading. What am I going to have to give up? Here is a list of the things we will be giving up for lent. Remember that we are giving up these things because we are seeking higher fulfillment and the focus of your lent should not be what it is you are giving up, but

what it is you are gaining. That said, here are the disciplines that will be asked of you in Mount 40

- Get 7-8 hours of sleep each night. No more, no less.
- Wake up at the same time every day
- No sweets/desserts
- No eating between meals
- No sodas/sweet drinks/alcohol
- No computer/social Media (outside school/work)
- No movies/television (exceptions made to attend social gatherings)
- No material purchases (beyond necessities, exceptions subject to fraternal approval)
- Exercise Regularly
- Fast on Ash Wednesday and Good Friday, as well as Fridays of Lent (1 regular meal in the day, or bread and water)

Remember, you will not be doing this alone. You will have brothers or sisters around you going through this with you and keeping you accountable.

- **Spiritual Lessons:** For our spiritual lessons we will be reading out of Fr. Ivan Pertine's book *The Good Sense of Jesus: A commentary on the Beatitudes*. There will be a reading assigned to each day.
- **Fraternity:** It is important not to go through this alone. You need people around you encouraging you and keeping you accountable. The goal is to find an accountability partner for the season of Lent. A friend (we don't recommend co-ed) who will keep you accountable to your resolutions, and you will do so with them. It is strongly recommended that you do things with your accountability partner. Pray a rosary together, go for a run together, do a work of mercy, go for a hike or even get together for a meal.

MOUNT 40

IT MAY TAKE US 40 DAYS TO CLIMB THE MOUNT OF
FREEDOM, BUT ONCE ON THE TOP, WE WILL REJOICE
FOR A LIFETIME!