

LIFT UP YOUR HEART

Lenten Reading Guide

Fr. John Burns kicks off the Lenten sessions of *Worthy of the Call* with 3 powerful presentations. In these sessions he introduces St. Francis De Sales as a guide for us throughout Lent. For those classes that met their Fall Appeal goal, they will receive Fr. John's book, *Lift Up Your Heart - A 10-Day Personal Retreat with St. Francis de Sales*, to help them go even deeper this Lent.

You have two ways you can use this book during this Lent:

- 1 Go at your own pace. You can follow the 10-day model for how the book was written, or you can find a schedule that works for you.
- 2 Use this reading guide. You can use the guide below to help break up the different meditations throughout each of the weeks of Lent.

Week of Ash Wednesday

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The 1st Meditation - *On Our Creation*, p. 1

4th Week of Lent

The 5th Meditation - *On Death*, p. 67
The 6th Meditation - *On Judgement*, p. 83

1st Week of Lent

The 2nd Meditation - *On the End for Which We Were Created*, p. 13

5th Week of Lent

The 7th Meditation - *On Hell*, p. 97
The 8th Meditation - *On Paradise*, p. 107

2nd Week of Lent

The 3rd Meditation - *On God's Benefactions*, p. 33

6th Week of Lent

The 9th Meditation - *The Election and Choice of Heaven*, p. 117

3rd Week of Lent

The 4th Meditation - *On Sin*, p. 47

Holy Week

The 10th Meditation - *The Election and Choice the Soul Makes of a Devout Life*, p.127
Conclusion - p.135

*"In the throes of an unfulfilling existence, I needed the help of a master. I stumbled across a book by St. Francis de Sales, called *Introduction to the Devout Life*. It literally changed my life." ~ Fr. John Burns*