

Things to Give Up for Lent

Internalizing Problems

Perfectionism

Inertia

✓ CONTEMPT!!

Intolerance!!

Other People's Drama

✓ Impulsivity

Overstuffing your calendar

Control

✓ FEAR!!!

Stinkin' Thinkin'

Jumping to Conclusions!

Overworking???

✓ Social Media Stalking

Lack of Curiosity

MEDIOCRITY!!!

A Small View of God

Feelings of Unworthiness

✓ LACK OF COUNSEL

"Why am I still talking?"

"Resentment! Resentment!"

RAGE