



# Not By Bread Alone: Daily Reflections for Lent 2006

*Angela Ashwin*

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The season of Lent helps us refocus our vision on the sacrificial life, death, and glorious resurrection of Jesus. Not by Bread Alone helps to remind readers of their specific Lenten intentions and to keep them the focus of their celebrations throughout the year. Designed to help people celebrate Lent, Not by Bread Alone may be used by individuals for daily reflection and prayer. Each day's six-part exercise is for busy people who want to keep the days of Lent in part by using a short, five-minute process. The title for each exercise is the focus for the day's topic of reflection, meditation, and prayer. All of the Scriptures of the Mass for each day are noted. Verses of Scripture are taken from the day's gospel, as well as other readings. A reflection follows the gospel selection and expands on an idea or an image found in the verse from the gospel. A question for personal meditation guides the reader in making a personal application of the reflection. A prayer summarizes the theme developed in the exercise.

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