

RTP தமிழ் கத்தோலிக்க சங்கம் தவக்கால தியானம்

(மார்ச் 17, 2018)

அருள்திரு பவுல் லியோன் வறுவேல்

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தவக்காலத்தின் போது

நாம் செய்யவேண்டியது என்ன?

திருத்தந்தை பிரான்சிசு வழங்கும் 10
பரிந்துரைகள்

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What Should I Do For Lent?

Pope Francis' 10 Tips

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Every year Catholics try to answer the age old question: What should I do for Lent? Well, who better to pick for as your Lenten spiritual director than Pope Francis? He has some great ideas for you!

Here we selected 10 of his best tips:

1. Get rid of the lazy addiction to evil

**1. தீமைக்கும் சோம்பலுக்கும்
அடிமையாக வேண்டாம்!**

“[Lent] is a ‘powerful’ season, a turning point that can foster change and conversion in each of us. We all need to improve, to change for the better. Lent helps us and thus we leave behind old habits and the lazy addiction to the evil that deceives and ensnares us.” – General Audience, March 5, 2014

2. Do something that hurts

2. நம்மையே ஒறுத்து வாழக் கற்றுக் கொள்வோம்!

“Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt.” – Lenten Message, 2014

3. Don't remain indifferent

3. பிறர் மட்டில் கரிசனை காட்ட மறக்க வேண்டாம்!

“Indifference to our neighbor and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience. God is not indifferent to our world; he so loves it that he gave his Son for our salvation.” –Lenten Message, 2015

4. Pray: Make our hearts like yours!

**4. மன்றாட்டு: "இறைவா, எம்
இதயத்தை உம் இதயம் போல்
மாற்றியருளும்!"**

“During this Lent, then, brothers and sisters, let us all ask the Lord: ‘*Fac cor nostrum secundum cor tuum*’: Make our hearts like yours (Litany of the Sacred Heart of Jesus). In this way we will receive a heart which is firm and merciful, attentive and generous, a heart which is not closed, indifferent or prey to the globalization of indifference.” – Lenten Message, 2015

5. Take part in the sacraments

5. திருவருட்சாதனங்களில் பங்கேற்போம்!

“Lent is a favorable time for letting Christ serve us so that we in turn may become more like him. This happens whenever we hear the word of God and receive the sacraments, especially the Eucharist. There we become what we receive: the Body of Christ.” – Lenten Message, 2015

6. Prayer

6. இறைவேண்டலில் ஈடுபடுவோம்!

“In the face of so many wounds that hurt us and could harden our hearts, we are called to dive into the sea of prayer, which is the sea of God’s boundless love, to taste his tenderness. Lent is a time of prayer, of more intense prayer, more prolonged, more assiduous, more able to take on the needs of the brethren; intercessory prayer, to intercede before God for the many situations of poverty and suffering.”
– Homily, March 5, 2014

7. Fasting

7. நோன்பிருக்க மறக்க வேண்டாம்!

“We must be careful not to practice a formal fast, or one which in truth ‘satisfies’ us because it makes us feel good about ourselves. Fasting makes sense if it questions our security, and if it also leads to some benefit for others, if it helps us to cultivate the style of the Good Samaritan, who bends down to his brother in need and takes care of him.” – Homily, March 5, 2014

"Fasting makes sense if it questions our security..." - Pope Francis' Tweet:

8. Almsgiving

8. ஈகைச் செயலும் பகிர்வு
மனப்பான்மையும் நமது
வாழ்வாக வேண்டும்!

“Today gratuitousness is often not part of daily life where everything is bought and sold. Everything is calculated and measured. Almsgiving helps us to experience giving freely, which leads to freedom from the obsession of possessing, from the fear of losing what we have, from the sadness of one who does not wish to share his wealth with others.”
– Homily, March 5, 2014

9. Help the Poor

9. ஏழை எளியோருக்குத் துணையாக நிற்போம்!

“In the poor and outcast we see Christ’s face; by loving and helping the poor, we love and serve Christ. Our efforts are also directed to ending violations of human dignity, discrimination and abuse in the world, for these are so often the cause of destitution. When power, luxury and money become idols, they take priority over the need for a fair distribution of wealth. Our consciences thus need to be converted to justice, equality, simplicity and sharing.” – Lenten Message, 2014

10. Evangelize

10. நற்செய்தியை

அனைவரோடும் பகிர்வோம்!

“The Lord asks us to be joyous heralds of this message of mercy and hope! It is thrilling to experience the joy of spreading this good news, sharing the treasure entrusted to us, consoling broken hearts and offering hope to our brothers and sisters experiencing darkness.” – Lenten Message, 2014

(You probably won't be able to take huge steps forward in all of these areas. Instead, pick a couple that stand out to you and try to find practical ways to grow in your love of God and your love of your neighbor.)

இப்பரிந்துரைகளில் ஒரு
சிலவற்றையாவது இத்தவக்காலத்தின்
போது செயல்படுத்த முன்வருவோம்!

**“வாழ்வும் வழியும் உண்மையும்
நானே!”**

(இயேசு)