



Lenten Healing: 40 Days to Set You Free from Sin

Ken Kniepmann, Bob Schuchts (Foreword)

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Based on the popular spiritual healing program designed by Bob Schuchts and the John Paul II Healing Center, *Lenten Healing* offers a twist to traditional Lenten fasting: instead of giving up chocolate, give up your sin. This daily Lenten devotional offers a unique approach to fasting, helping you reexamine the psychological and spiritual roots of sin in your life while sharing reflections and prayer exercises for overcoming sinful habits and acquiring virtuous ones.

Lent is the ideal time to identify and address "spiritual blind spots"—unacknowledged emotional wounds and false ideas that hinder your prayer life and worship.

During each week of Lent, Ken Kniepmann of the John Paul II Healing Center breaks open one of the seven deadly sins (pride, lust, gluttony, sloth, anger, envy, and greed) and its corresponding virtue (humility, chastity, abstinence, diligence, patience, kindness, and liberality). You'll start by learning about the sin and how it manifests itself in daily life and thought patterns. Then you'll move into reflection and prayer exercises that guide you through the process of renouncing that week's sin and resolving to adopt that week's virtue.

Fasting, the practice of giving up pleasures or comforts, allows us to grow in holiness by putting our desires to a kind of death. Obvious examples include giving up a habit such as a favorite food, sleeping in, or late-night TV—but what happens when you try to give up your sins while recognizing the deeper reasons you commit them in the first place? By seeing those connections and praying specifically for God's insight, healing, and revelation, you'll be able to experience God's mercy and love to a greater capacity.

Kniepmann helps you see how the depth of Catholic teaching is connected to your daily life. Sin isn't just an activity; it is a place of the heart (the interior life) and the movement of the heart (toward or away from sin) as related to thoughts, beliefs, and emotions. By the time Easter arrives, you'll possess a deeper understanding of sin and emotional wounds as impediments to intimacy with God and come away with tangible, practical tools for addressing those impediments in your life.

Lenten Healing: 40 Days to Set You Free from Sin Details

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From Reader Review Lenten Healing: 40 Days to Set You Free from Sin for online ebook

Barb says

A do-it-yourself retreat that focuses not only on sin, but on the virtues that will have room in our lives if we free ourselves from sin. Filled with relatable, concrete examples of the faces of sin in our lives, Scripture passages and questions for meditation (keep a journal handy!), and short prayers, this book is a gateway for readers to confront — and weed out — those sinful actions and tendencies that keep us far from God. Read my full review.

Kris says

A great Lenten devotional! My husband and I did this together and it drew us closer. The book gets specific about the wounds we carry and how we sin because of them. The prayers are very healing. I took off one star because there were sections that were a little too repetitive. Highly recommended!

Eric says

One of the best prayer resources I've ever used for Lent. This really takes daily prayer and conversion to a deeper level.

Lori says

What a Lenten Treasure

This book is another that simply made its way into my life. I have gone through the Lenten Journey time in the wilderness day by day and every day the Lord has met me and healed something in my life. Many times it was hidden and I did not even know I carried that hurt or that scar...but each one was exposed and gently, lovingly healed.

To the authors: Thank you from the bottom of my heart !
