

# NOTHING IS MORE COUNTERCULTURAL THAN LENT

We live in a world where self-absorption reigns supreme. Accordingly, the concept of self-denial is incomprehensible to most, and an anathema to others. Yet this is what Lent means. It is the most countercultural idea in America, and indeed in the entire Western world. That's because we've lost our moorings, which are grounded in Christianity.

The dominant culture celebrates self-indulgence, not self-denial. Drug users are only one example.

The streets of New York abound in smoke—the sweet smell of marijuana is everywhere. This is also true in many urban areas, as the pace of legalization quickens. Some, like the editorial board of the *New York Times*, which supported legalization, are now shocked to learn that a record number of Americans are hooked on drugs, jamming hospitals and driving recklessly. Habitual users are psychotic, functioning like zombies. Their non-stop vomiting should be a wake-up call, but it isn't. This is the cost of "liberation."

The dominant culture also celebrates gambling, yielding similar results.

We not only can bet on games, we can bet on each play. Bookies have been replaced by phones, and allegiance to the home team is waning as the only thing that matters is winning. Some ballparks, like the home of the Washington Commanders, even have betting stations for fans too bored to simply watch the game. A growing number of young men are addicted to gambling, finding themselves deeper in debt. This is the cost of "liberation."

Many young women chose sex to satisfy their craving for self-indulgence. If they wind up pregnant, they find their

“solution” at a Planned Parenthood clinic. Young promiscuous men are just as irresponsible, looking to medical technology to rid themselves of their self-induced diseases. This is the cost of their “liberation.”

Self-denial is admittedly not easy, and it is more difficult in societies that glamorize self-indulgence. But it is a virtue that actually does liberate.

One way to show someone that we love them is by making sacrifices that redound to their benefit. Making sacrifices requires a degree of self-denial, giving up something to aid someone else. Mother Teresa could not have comforted those in her employ without great sacrifice, and it was her capacity for self-denial that allowed her to prevail.

Like any virtue, self-denial atrophies if it is not practiced, the results of which are inauspicious for everyone. A society that views self-denial as oppressive is nurturing narcissism, not selflessness. Yet that is what we are doing, led, as always, by the ruling class.

Self-indulgence is not only self-destructive, it is ultimately anti-social. We are all affected by those who allow their appetites and passions to conquer them, and that is why it is incumbent on those who occupy mantles of moral authority—clergy, parents and teachers—to welcome Lent, regardless of their religious convictions.