

# Lent is a time for breaking bad habits

How do we get rid of our bad habits for good? Sr. Marie Therese gives some advice on what we can do this Lent to break our vices and forge new virtues. Sr. Marie Therese Langer is part of The Congregation of the Sisters of Merciful Jesus, located in Alberta, Canada. Check out their website at <https://sistersofmercifuljesus.com/>