



Our Lenten Journey

In the Spirit of

Study
Prayer
Almsgiving
Fasting

CLV

My Lenten Journal

All life is a journey - from Birth to Death, from Baptism to the Promise of Eternity. We have choices; we must walk on our own journey. The choice is not will we but how will we walk this journey?

Lent is just one garden along the way. Yes, Lent is a garden. A lush, full flowering garden filled with its own scents, brooks, trees and flowers. Lent is a garden not unlike the garden where Jesus and His disciples spent the night after partaking of the Last Supper, in the Garden of Gethsemane.

You are masters of your own journey through the garden. You may choose to be kind to someone who needs kindness; you may choose to learn through sacrifice and prayer. You may also choose to do nothing. It is about free will. You could offer hope in a time of

someone's despair, or add to their frustration...Only you can decide where you are on your Lenten Journey.



A Reflection on Fasting

Fast from judging others,
Feast on Christ dwelling in them.

Fast from emphasis on differences;
Feast on the unity of all life.

Fast from apparent darkness;
Feast on the reality of light.

Fast from thoughts of illness;
Feast on the healing power of God.

Fast from words that pollute;
Feast on phrases that purify.

Fast from complaining;
Feast on appreciation.

Fast from negatives;
Feast on affirmatives.

Fast from unrelenting pressures;
Feast on unceasing prayer.

Fast from hostility;
Feast on non-resistance.

Fast from bitterness;
Feast on forgiveness.

Fast from self-concern;
Feast on compassion for others.

Fast from personal anxiety;
Feast on eternal truth.

Fast from lethargy;
Feast on enthusiasms.

Fast from suspicion;
Feast on truth.

Fast from thoughts that weaken;
Feast on promises that inspire.

Fast from shadows of sorrow;
Feast on the sunlight of serenity.

Fast from idle gossip;
Feast on purposeful silence.

Fast from problems that overwhelm;
Feast on prayer that undergirds.

~ Author Unkown

REFLECTION:

Reflection means to take some quiet time. Think about what you are reading or hearing or seeing or feeling. Then think about what this means TO YOU, now, in this time and place. Your thoughts and feelings about this same subject may change over time. Reflect upon the here and now.

Directions:

- ✓ Include the date for each entry.
- ✓ Make sure you have answered ALL entries.
- ✓ Entries are to reflect your feelings and thoughts on the daily topic and should be serious, personal and honest.
- ✓ Entries are to be considered a private reflection and confidentiality will be kept.
- ✓ Make sure you have a Bible to use for certain entries. Use your school bible so you can mark it up.
- ✓ Topics such as the Ten Commandments (Exodus 20:2-17 & Deuteronomy 5:6-21) and the Beautitudes (Matthew 5:3-10) can be found in your book. Works of mercy (Matthew 25:31-46) follow.
- ✓ They will be collected the Monday we return from Easter break.

Works of Mercy

“What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him?... **So also faith of itself, if it does not have works, is dead.**” (James 2:14 & 17)

Corporal (Matthew 25:31-46)

- ❖ **Feed the hungry**
- ❖ **Give drink to the thirsty**
- ❖ **Clothe the naked**
- ❖ **Shelter the homeless**
- ❖ **Visit the sick and imprisoned**
- ❖ **Bury the dead**

Spiritual (Isaiah 58:6-7

Hebrews 13:3

1 John 3:17

Tobit 4:5-11

Matthew 6:2-4

Luke 3:11, 11:41

James 2:15-16)

- ❖ To instruct the ignorant
- ❖ To counsel the doubtful
- ❖ To admonish sinners
- ❖ To bear wrongs patiently

- ❖ To forgive offences willingly
- ❖ To comfort the afflicted
- ❖ To pray for the living and the dead.

The Beatitudes (Matthew 5:1-10)

- ❖ Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- ❖ Blessed are those who mourn, for they shall be comforted.
- ❖ Blessed are the meek, for they shall inherit the earth.
- ❖ Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- ❖ Blessed are the merciful, for they shall obtain mercy.
- ❖ Blessed are the pure in heart, for they shall see God.
- ❖ Blessed are the peacemakers, for they shall be called sons of God.
- ❖ Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- ❖ Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.

Ash Wednesday

How do I feel about Lent? How does Lent affect me? When I listen to people talk about Lent, do I feel like what they are saying has anything to do with me? With my life? Why? Why not?

Friday after Ash Wednesday

Do not eat meat? What does this have to do with anything? Did you abstain from meat on Ash Wednesday? (Did you forget or know to abstain?)

Thursday after Ash Wednesday

How did the "ashes" really make you feel yesterday? Or didn't they?

Saturday after Ash Wednesday

Do something for someone else without them knowing about it. What did you do? How did this make you feel?

First Week of Lent

First Sunday of Lent

Do something special for yourself. What did you do? How did this make you feel?

Monday

Take five to fifteen minutes and do nothing - hear, see, think, do nothing. Just relax and let the world disappear. Then write something good about yourself.

Tuesday

Read Leviticus 19:1-18 - Choose one (1) verse, Copy the verse neatly in your journal. Reflect on how you can take this message to heart during this Lent. Briefly describe what you might do.

Wednesday

Read Matthew 25:31-46. Explain what verse 45 means to you.

Thursday

Read Matthew 25:31-46. Is it easier for you to be the "doer" of the Works of Mercy or to be the "receiver"? Explain why.

Saturday

Write the Third Commandment. Reflect on the third Commandment. How does the third Commandment apply to you?

Friday

Write your thoughts on accepting what God and Life hand to you.

Second Week of Lent

Second Sunday of Lent

Do one thing to keep the Lord's Day Holy. What did you do? Write one good thing Jesus might say about you today.

Monday

Read Matthew 27:31-35. What "Cross" in life do you have to carry? Write about it in your journal. Surrender to the Will of the Father. Let the Father carry your burden/ your cross. Be now free!

Tuesday

Refer to the Corporal Works of Mercy. Read about 'Shelter the Homeless.' Reflect on this. How can you 'Shelter the Homeless' in your everyday life? Give three examples.

Wednesday

Write an anonymous note to someone who is not your best friend, not a good friend or is not in your "group." Tell them a good quality they have that you like. In your journal write why you chose this person and what the good quality was.

Wednesday, March 19th: Feast of St. Joseph.

St. Joseph was just a man. Of him much was asked. Could he – would he – become the Foster Father of Jesus?

Let us pray.

Father, you entrusted our Savior to the care of St. Joseph. By the help of his prayers may your church continue to serve its Lord, Jesus the Christ, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

How easily do you accept what is asked of you? Explain.

Thursday

Review the Spiritual Works of Mercy. Read about 'Pray for the Living and the Dead'. Reflect on this. Spend 5 minutes in prayer. Note in your journal who you prayed for.

Friday

Read the “Beatitudes.” Choose one. Copy it into your journal. Reflect on its meaning. Explain how it applies to you.

Saturday

Reflect on the service projects you completed for Confirmation. Choose the one you liked best. Include a description of the project, along with the work of mercy you followed, and how it made you feel.

Third Week of Lent

Third Sunday of Lent

“Gentleness” – one of the Fruits of the Holy Spirit- means going easy on yourself and on others. Go easy on yourself today. Take time out. Do something for you. Write a short Prayer of Thanksgiving to the Holy Spirit for giving you the Gift of Gentleness.

Monday

“Joy” – another of the Holy Spirit’s fruits....It means responding to life in a positive way. Take a few moments. Reflect on your life, school, family. Answer: How has the Gift of Joy been given to you?

Tuesday

Give an example of how you are a “Joy” in someone else’s life.

Wednesday

Read the Nicene Creed. (The Creed said during Mass.) Which part of the Creed had the most impact on you? Copy that part into your journal. Explain how it has had an impact on you.

Thursday

Pray the Lord's Prayer. Choose one (1) phrase that is important and has meaning to you. Copy this phrase. Why is it important to you?

Saturday

God is omniscient (which means He is All-knowing). Why do we need to pray Prayers like the "Lord's Prayer"?

Friday

Read Luke 22:39-46 - Reflect on verse 46. What is Jesus telling you?

Fourth Week of Lent

Fourth Sunday of Lent

Laetare Sunday (laetare means “rejoice”) – “If you wish to be upright in the sight of the Lord learn to do good and make justice your aim.” List three ways you can bring about change for justice in your everyday life.

Monday

"This is My Body, This is My Blood." What does this mean to you? Explain.

Tuesday

"Do this in Remembrance of Me." What might Jesus be asking of you?

Wednesday

Read Luke 15:11-32. Reflect on the Younger Son. How might he feel on his return home? If you were the younger son, now what do you do with the rest of your life?

Thursday

Read Luke 15:11-32. Reflect on the Elder Son, the one who remained home. How might he feel about his brother's return home?

Saturday

Read John 7:1-30 Reflect upon: "Some begin a plot against Jesus." When we sin we join the plot against Jesus. Write a prayer asking forgiveness.

Friday

Read Luke 15:11-32. Reflect on the Father's actions. Would you like to have a father like this? Why/why not?

Fifth Week of Lent

Fifth Sunday of Lent

Truthfulness, a Fruit of the Holy Spirit, Facing yourself and others honestly. Take time out to face yourself. Jesus puts His hand out to you. Are you ready to take His hand? Journal entry - Did you take time out?

Monday

The Solemnity of the Annunciation celebrates Mary saying “yes” to the Angel Gabriel. What does “and became man” mean to you? (refer to the Creed) Explain.

Tuesday

Copy the Eighth Commandment. Meditate on the Eighth Commandment. List three ways you can use the Fruit of Truthfulness in your daily life.

Wednesday

Read: Luke 22:39-46. Reflect on verse 41 & 42. What does this tell us about Prayer?

Thursday

Read: Luke 22-39-46. Reflect on verses 43 and 44. Can you imagine how intensely Jesus was praying? Do you need help praying? Who can help you?

Saturday

Read the journal assignments and your entries for Wednesday to Friday of this week. Tomorrow begins Holy Week. Are you ready? How so?

Friday

Read Mark 15:22-41. For whom would you sacrifice your life? What would you be willing to die for?

HOLY WEEK

Palm Sunday

Read Mark 11:1-11 - Reflect on Jesus' triumphant entry into Jerusalem. Respond to the following: "You are a palm branch. You are held by one of the crowd. You are being waved in glorious greeting." Write a short paragraph about this event from your perspective as the palm branch.

Monday of Holy Week

Judas was a follower of Jesus. Judas was asked to betray Jesus. You are called to be a follower of Jesus. You are asked to betray Jesus when you are called to turn away from God and toward sin. Reflect on how you are different from Judas. Explain this in your journal.

Tuesday of Holy Week

Reread the first page of "My Lenten Journal." We are all called to our own garden. Write a prayer to God, The Father, from your garden.

Wednesday of Holy Week

Read your journal entries from the beginning. Write a paragraph or two on your Lenten Journey in light of your journal activities. What did you learn about yourself? What did you learn about Jesus?

Holy Thursday

Jesus at the “Last Supper.”

Easter Weekend – Celebrate Jesus’ Resurrection for you. How does your family mark/remember this special gift?

Friday of Holy Week

12-3 pm: Spend some quiet time reflecting on the hours that Jesus suffered and died (or attend mass on Good Friday).