

JOURNEY THROUGH

#### WHAT IS LENT?

Lent is the 40 day season of prayer, fasting and almsgiving that begins on Ash Wednesday. It's a period of preparation and repentance as we look forward to celebrating Jesus' resurrection at Easter.

#### PURPLE AGAIN?

Like Advent, Lent is a time in the liturgical year represented by the colour purple.

#### RECONCILIATION

The sacrament of confession gives us the opportunity to say sorry for our sins, and be forgiven by God. Lent is the perfect time to go to confession so we can enter into Eastertide and the rest of the year with nothing in the way of our relationship with God.

#### STATIONS OF THE CROSS

You'll see these around Catholic Churches, they are images depicting the different stages of Jesus' passion (His suffering, death and resurection). It's important that we never forget the events of these days leading up to Easter Sunday.

#### WHERE IS LETT IN THE BIBLE?

The season of Lent mirrors the 40 days Jesus spent in the desert. The Gospels tell us that after his baptism, Jesus fasted in the desert and was tempted by the devil.



Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone." The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, "I will give you all their authority and splendour; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours." Jesus answered, "It is written: 'Worship the Lord your God and serve him only"

When the devil had finished all this tempting, he left him until an opportune time.

LUKE 4: 1-13

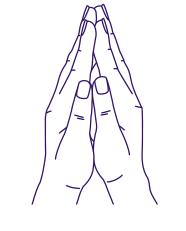
During the season of Lent, we are encouraged to **Pray**, to **Fast** and to **Give**. These three things can help us enter more deeply into this season of Lent and to help us grow closer to God.



Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this might mean beginning a habit of daily prayer and setting aside time each day to share our hopes, joys, fears and frustrations with God. For others, it could be having a more specific focus or trying something new.



#### COULD YOU TRY?



PRAY

Speaking to God each day

Dedicating time to silence

Christian Social Media accounts

Journaling

Prayer Stations

Praying with others

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Matthew 7:7

During Lent we are encouraged to give something up that we enjoy - in doing so, we are joining with Jesus as he fasted in the desert for 40 days. By giving up something we enjoy, like chocolate or social media, we are making space to think of Jesus and show that, with Him, we can be strong against temptation.



### COULD YOU GIVE UP ..?



Chocolate / Sweets
Social Media
Television/Netflix
Online Shopping
Bad habits

"When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others..." (Matthew 6:16) Instead, do it in secret; it's between you and God.

Although Jesus' death on the cross was painful and difficult to be witness to; the central lesson of the cross is one of compassion and care.

Jesus is there because He loves us, we follow his example by loving others.



#### COULD YOU HELP BY ..?



GIVE

Signing online petitions for the good of others

Donating to charity

Offering to help out at a local food bank

Share the work of charities on social media

Sometimes we hear the phrase giving alms; from the Hebrew meaning justice. In a biblical sense it can be defined as: a religious act, inspired by compassion and a desire for justice, whereby an individual helps someone less fortunate than themselves.

## PLEDGE

The season of Lent and all that we are encouraged to do during it can be really tough but these things are easier when we do them with others and when we are held accountable.

How can you commit to pray, fast and give during Lent?

PRAY	
	FAST
GIVE	

#### ASH WEDNESDAY

Wednesday 5th March 2025

#### PALM SUNDAY

Wednesday 13th April 2025

#### HOLY WEEK/ EASTER TRIDUUM

#### MAUNDY THURSDAY

Thursday 17th April 2025

#### GOOD FRIDAY

Friday 18th April 2025

#### EASTER SATURDAY

Saturday 19th April 2025

#### EASTER SUNDAY

Sunday 20th April 2025

"Let today be the day you give up who you have been for who you can become" - Hal Elrod

#### ASH WEDNESDAY

Wednesday 5th March 2025

Ash Wednesday marks the **first day** of the season of Lent. On Ash Wednesday, we receive ashes in the form of a cross on our forehead.

The ashes remind us that one day, when God calls us to heaven, our bodies will return to ash.

The mark also serves as an outward sign of our faith - we are showing others that we know that we sometimes make mistakes, but that we are also given the gift of forgiveness from God.

If you receive the ashes, you'll hear the priest say:

"Remember you are dust and to dust you shall return"

### WORD SEARCH

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Love Jesus Easter Lent Fasting
Ash
Resurrection
Foot Washing

Forty Days Good Friday Prayer Palm Holy Week
Sacrifice
Passover
Sunday

WEEK ONE
9th March

## PRAYER



"Two works of mercy set a person free: forgive and you will be forgiven, give and you will receive"

St Augustine

#### REFLECT

Prayer is a conversation with God. It is a way of opening our hearts to Him and sharing our thoughts and feelings with Him.

Prayer can take many different forms, from times of silence to moments of praise and worship, from traditional prayer to more modern approaches.

During Lent, we can use prayer to reflect on our relationship with God and to ask for His guidance and strength.

#### THINK

If Jesus was sitting in front of you right now, what would you say to him? What do you think He might say to You?

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## PRAYER

## GOSPEL READING

"At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days...

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to guard you", and "On their hands they will bear you up, lest you strike your foot against a stone." And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test."

Luke 4:1-13



#### ST. JUDE

"But you, beloved, build yourselves up on your most holy faith; pray in the Holy Spirit; keep yourselves in the love of God; wait for the mercy of our Lord Jesus Christ unto eternal life."





WORSHIP SONG

Blessed - Vertical Worship



WEEK TWO

16th March

# FASTING



"Do you wish for your prayer to fly towards God? Give it two wings: Fasting and almsgiving"

St Augustine

#### REFLECT

Fasting is a way of showing self-discipline and a way of focusing on our relationship with God. Fasting can also be a way of expressing solidarity with those who are less fortunate. Fasting is an important part of Lent, as it allows us to follow the example of Jesus in the desert, and to grow in our compassion for others.

#### THINK

What can you go without this Lent?
Think of something that you can give up to leave more time and space for what's important.

## FASTING

#### GOSPEL READING

Jesus took mith him Peter and John and James and went up on the mountain to pray. And as he was praying, the appearance of his face was altered, and his clothing became dazzling white. And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure... And as the men were parting from him, Peter said to Jesus, 'Master, it is good that we are here. Let us make three tents one for you and one for Moses and one for Elijah' – not knowing what he said. As he was saying these things, a cloud came and overshadowed them, and they were afraid as they entered the cloud. And a voice came out of the cloud saying, 'This is my Son, my Chosen One; listen to him!' And when the voice had spoken, Jesus was found alone.

Luke 9: 28-36



# ST. CATHERINE OF SIENA

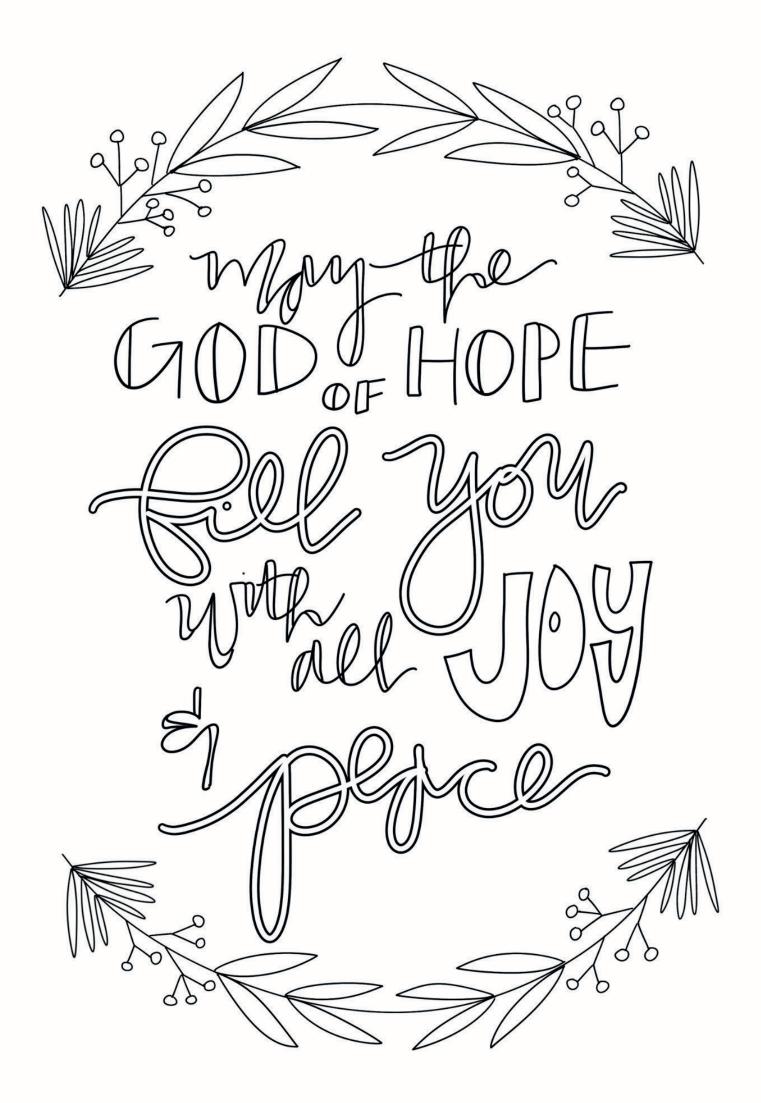
"Be who God meant you to be and you will set the world on fire"





WORSHIP SONG

Belovedness - Sarah Kroger



WEEK THREE
23rd March

## ALMSGIVING



"Never worry about numbers, help one person at a time, and always start with the person nearest you" St. Teresa of Calcutta

### REFLECT

Almsgiving is the practice of giving to those in need. It is a way of showing love and compassion for others.

Almsgiving can also be a way of expressing our gratitude for God's blessings. Almsgiving is an important part of Lent, as it allows us to share with those in need and to be an example of mercy in the world.

#### THINK

Who is in need of compassion and care at the moment, either in your personal life or the wider world?

How can you show that you care for them this week?

## ALMSGIVING

#### GOSPEL READING

No, I tell you: but unless you repent, you will all likewise perish.'

•••

And he told this parable: 'A man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. And he said to the vine dresser, "Look, for three years now I have come seeking fruit on this fig tree and found none. And he said to the vine dresser, "Look, for three years now I have come seeking fruit on this fig tree, and I find none. Cut it down. Why should it use up the ground?" And he answered him, "Sir, let it alone this year also, until I dig round it and put on manure. Then if it should bear fruit next year, well and good; but if not, you can cut it down."



#### ST. KATHARINE DREXEL

"If we wish to serve God and love our neighbour well, we must manifest our joy in the service we render to Him and them"





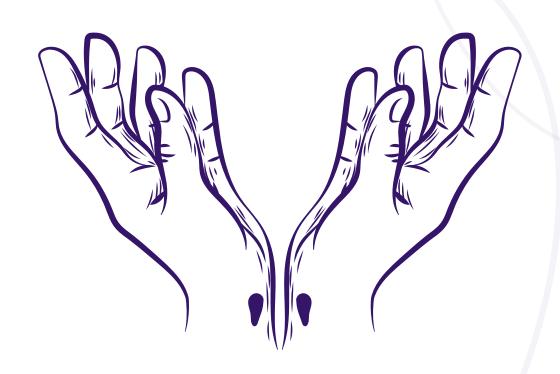
## WORSHIP SONG

The Father's house - Corey Asbury

SET YOUR Mind MTHINGS OFF NOT ON THINGS on gooth COLOSSIANS 3:2

WEEK FOUR
30th March

## SACRIFICE



"Without sacrifice there is no love"

St Maximillian Kolbe

#### REFLECT

During Lent, we reflect on the sacrifice of Jesus and what it means for our lives.

The sacrifice of Jesus is a reminder that we are all loved by God and that we too are called to live our lives putting others before ourselves.

#### THINK

Is there someone in your life that makes sacrifices for you? Is there someone who often puts you before themselves? How can you repay them this week?

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# SACRIFICE

#### GOSPEL READING

The Pharisees and scribes grumbled, saying, "This man receives sinners and eats with them.' So [Jesus] told them this parable: "There was a man who had two sons. And the younger of them said to his father, "Father, give me the share of property that is coming to me." And he divided his property between them. Not many days later, the younger son gathered all he had and took a journey into a far country and squandered his property in reckless living... and he began to be in need.... I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired servants.'

"The father said to his servants, "Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet... For this my son was dead and s alive again: he was lost, and is found."



# ST. MAXIMILLIAN KOLBE

"Without sacrifice there is no love"





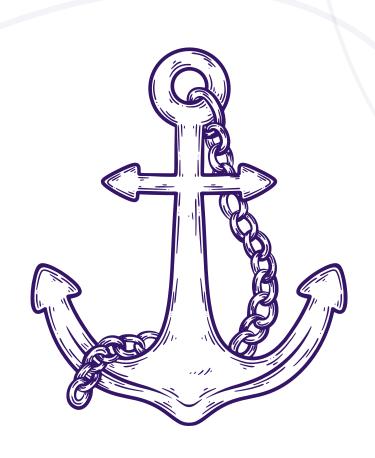
## WORSHIP SONG

Reckless Love - Bethel Music & Corey Ashbury



WEEK FIVE 6th April

## JOURNEY



"The feeling remains that God is on the journey, too"

St Teresa of Avila

## REFLECT

Lent is a time of journeying with Jesus Christ. It is a time of reflecting on our lives, repenting our sins and growing in our faith. The journey of Lent is a challenging one, but it is also a rewarding one. It is a journey that can help us to grow closer to God so that we are ready to truly celebrate Jesus Christ's resurrection at Easter.

#### THINK

How has your Lenten journey been so far? How have you managed to make time for prayer? How have you shown compassion to others? How have you overcome temptation of the thing/s you're fasting from?


# JOURNEY

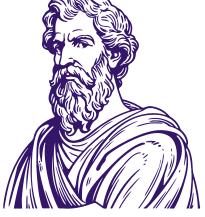
## GOSPEL READING

...The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst they said to [Jesus], 'Teacher, this woman has been caught in the act of adultery. Now in the law, Moses commanded us to stone such women. So what do you say? This they said to test him, that the might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. And as they continued to ask him, he stood up and said to them, 'Let him who is without sin among you be the first to throw a stone at her.' And once more he bent down and wrote on the ground. But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him, Jesus stood up and said to her, 'Woman, where are they? Has no one condemned you?' She said, 'No one, Lord.' And Jesus said, 'Neither do I condemn you; go, and from now on sin no more.'



# ST. PAUL THE APOSTLE

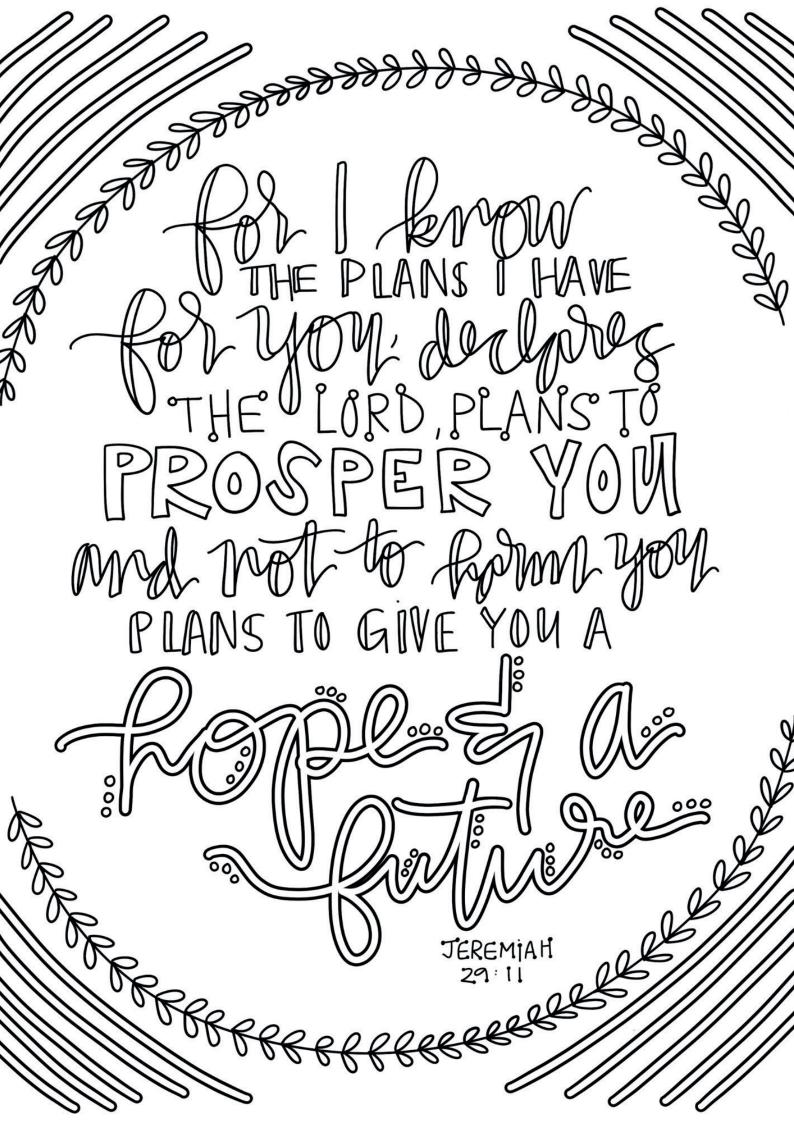
"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up"





### WORSHIP SONG

The Blessing - Elevation Worship & Kari Jobe



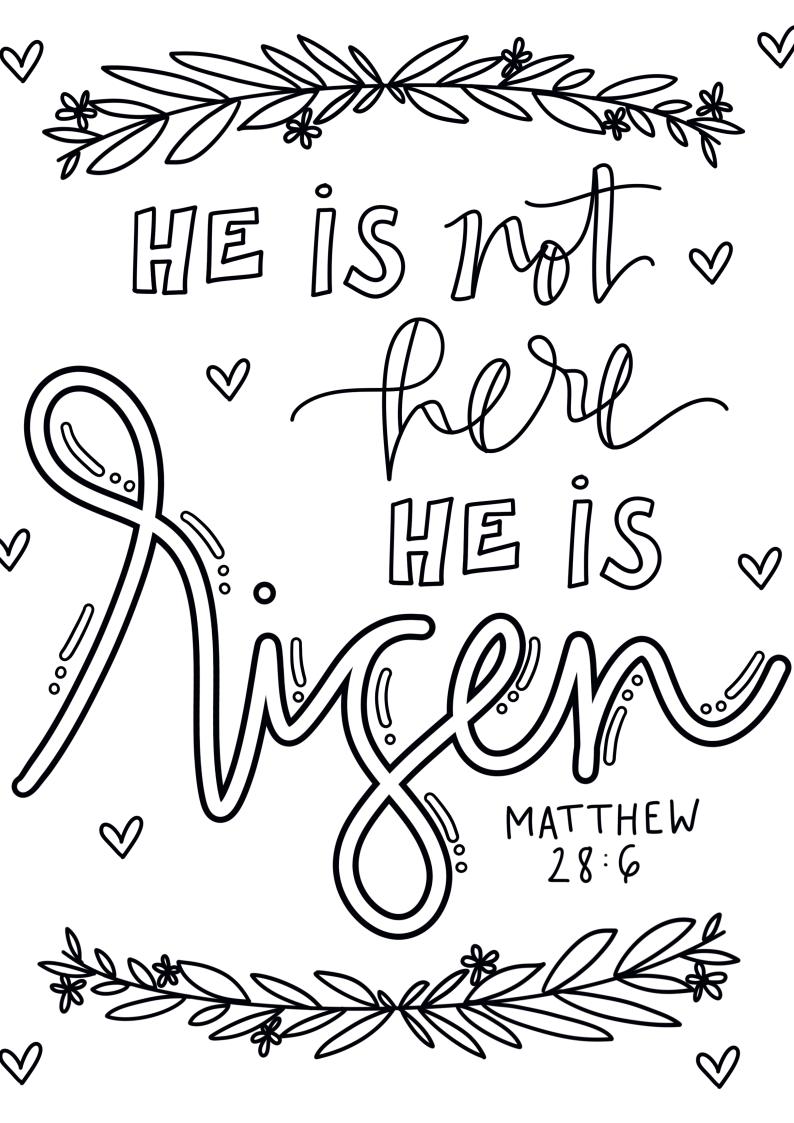
But God shows his love for us, in that while we were still sinners, Christ died for us."

Romans 5:8









Palm Sunday commemorates the entrance of Christ into Jerusalem, when palm branches were placed in his path, before his arrest on Maundy Thursday and his crucifixion on Good Friday.

Palm Sunday marks the beginning of Holy Week, the final week of Lent.



They took palm branches and went out to meet him, shouting, "Hosanna! " "Blessed is he who comes in the name of the Lord!" "Blessed is the king of Israel!"

John 12

# MAUNDY THURSDAY

Maundy Thursday is the day we remember and celebrate Jesus' final meal (the Last Supper) with His disciples. This was a special night as Jesus shared the annual Passover Meal with His disciples and prepared them for what was about to happen in the days to come. It is on this day we also recall Jesus washing his disciples' feet.



When he had washed their feet and put on his outer garments and resumed his place, he said to them, 'Do you understand what I have done to you? You call me teacher and Lord, and you are right, for so I am.

If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you.'

John 13:1-15

# GOOD FRIDAY

On Good Friday, Christians around the world mourn and reflect on the day that Jesus Christ was crucified. Through Jesus' death on the cross, we believe that we are forgiven of our sins and with faith, we are welcome to eternal life in heaven.



...After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture) "I thirst." A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth.

When Jesus had received the sour wine, he said "It is finished" and he bowed his head and gave up his spirit.

The Passion of Jesus John 18: 1-19:42

# EASTER SUNDAY

Easter Sunday marks the day Jesus miraculously rose from the dead. After Jesus was crucified on Good Friday, his body was taken down from the cross and buried in a tomb. However, when visiting, Mary Magdelene and others found that the stone had been moved and that Jesus's body had gone.

Jesus was seen later that day by Mary and the disciples, and for forty days afterwards by many people.



Then the other disciple, who had reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead.

John 20:1-9

## NOTES

## NOTES



The season of Lent is like a journey in many ways; we journey with Jesus through his time in the desert and through his passion and death. Many of us also commit to fasting from certain things or doing something extra, which undoubtable changes us in some way - for some of us this season may be the start of our journey of faith.

### CONSIDER YOUR JOURNEY

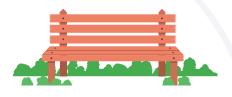


Who/what inspires you to grow?

What gets in the way of your faith/prayer life?



Who sits with you when things get hard? Who do you share your joys with?



Who guides you?





What do you hope is the next step in your journey?

## RECONCILIATION

What is reconciliation? Reconciliation is also known as the sacrament of Confession. In this sacrament, we are given the opportunity to speak to the priest as if he is Jesus (persona Christi). During confession, we speak to the priest about the times we have sinned and then the magic happens... The priest, acting as Christ, forgives those sins, and they effectively disappear! This is known as absolution.

Lent is a season of waiting and preparing for the miraculous resurrection of Jesus at Easter. We prepare by praying, fasting and giving but it is also important to prepare our hearts. Confession gives us the opportunity to be forgiven of all of our sins which means we can enter into the Easter season without anything holding us back!



Pope Francis: "Do not be afraid of confession. One who is in line to confess their sins feels all of these things - even shame - but then, when they finish confessing, they leave free, great, beautiful, forgiven and happy. This is the beauty of confession!"

# EXAMINATION OF CONSCIENCE

#### "You shall not have other Gods beside me"

Do I put God first? Do I put myself or others before Him? Do I pray or go to Mass as often as I should? When I do, do I take part respectfully and well?

#### "You shall keep God's name holy"

Do I use God's name in anger or frustration? Do I swear or use inappropriate language, seriously or as a joke?

#### "Keep the Sabbath day holy"

Do I go to Mass each week and on Holy Days of Obligation? Do I ever intentionally not go to Mass?

#### "Honour your father and your mother"

Am I respectful to those who care for me outside of school in my actions and in my language? Am I respectful to those who care for me in school?

#### "You shall not kill"

Do I cause harm to others, either physically or through unkind behaviour? Do I do the same to myself? Do I take part in harmful/addictive activities such as drugs, alcohol or overuse of social media?

#### "You shall not commit adultery"

Do I respect those that I am in a relationship with? Have I ever watched inappropriate content online?

#### "You shall not steal"

Have I ever stolen from friends, family or somewhere else?

#### "You shall not bear false witness"

Do I ever lie, or not tell the whole truth? Do I start or spread rumours about someone else, or take part in gossip?

#### "You shall not envy your neighbour's wife or goods"

Am I ever jealous of what others have, do I ever wish I had their talents or their material things? Do I try to share what I do have with others through charity?

## NOTES