

Name: _____

The Cross and True Riches

Penance is an important part of being a follower of Christ. List ten penances that you could do and tell how each would help you become more like Christ. Some examples are given to start you off.

1. Keeping silence for one hour: _____

2. Doing an extra chore: _____

3. Giving up a dessert: _____

4. Kneeling while praying: _____

5. _____ : _____

6. _____ : _____

7. _____ : _____

8. _____ : _____

9. _____ : _____

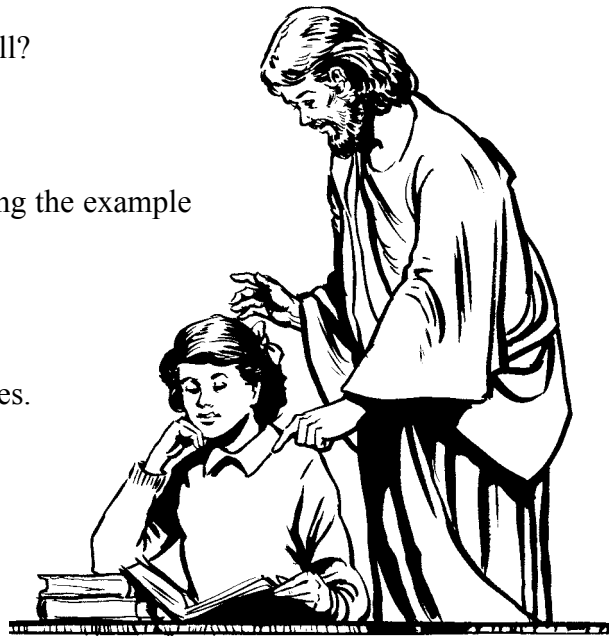
10. _____ : _____

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The Cross

Answer the following questions in complete sentences.

1. What does Jesus mean when he says, “If any man would come after me, let him deny himself and take up his cross daily and follow me”?
2. What value is there in self-denial?
3. What does Saint Paul mean when he tells us to put on the “new man”?
4. Can we bear little crosses daily?
5. How can we accept God’s will?
6. What do we show by following the example of Jesus?
7. List some of your daily crosses.



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Fast and Abstinence

Answer the following questions in complete sentences.

1. What is a penance?
2. Why does the Church require certain days of fasting and abstinence?
3. What does “to abstain” mean?
4. What does “to fast” mean?
5. On what days must we abstain?
6. On what days must we fast?
7. What does Matthew 6:16–18 teach us about fasting?

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The Penitential Seasons: Advent and Lent

Answer the following questions in complete sentences.

1. When is Advent?
2. What are we preparing for during Advent?
3. Why do we do penance during Advent?
4. How does Advent prepare us for the coming of our Lord?



5. When is Lent?



6. What are we preparing for during Lent?
7. Why do we do penance during Lent?