

Journey of Faith

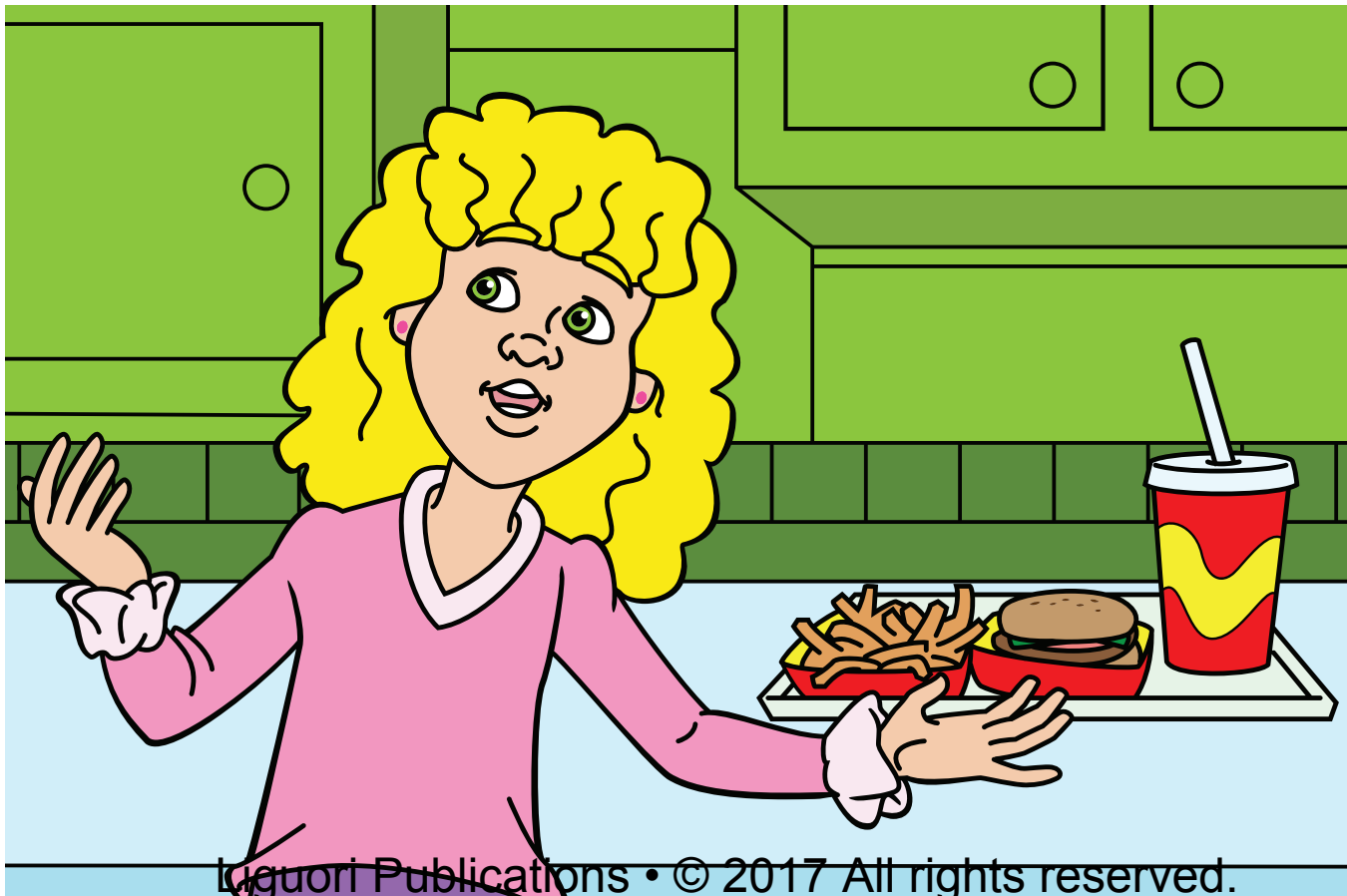


Living Lent

"Oh, no!" Tanya gasped. "I forgot it's a Friday during Lent and I got a hamburger for lunch. What should I do?" she asked Tomás.

"Um," Tomás thought. "Mrs. Evans said Lent is about giving things up and doing good deeds to be more like Jesus. Maybe you could give the hamburger to someone who can eat meat today and doesn't have lunch yet?"

"Good idea!" Tanya said with a smile.



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We Journey With Jesus

During Lent, the Church follows the path of Jesus. We think about his death on the cross. We remember his suffering and death. We reflect on his death as a great act of love and forgiveness. Our Lenten journey ends with a celebration of Jesus' glorious resurrection on Easter.

This Lent, you will become closer than ever to Jesus. On this special Easter Vigil, you will respond to God's love with your own special "yes."

Jesus in the Wilderness

LUKE 3:21-22; 4:1-15

When Jesus was beginning his ministry, he went to John the Baptist and was baptized in the Jordan River. A voice from heaven said, "You are my beloved Son" (3:22). When the people heard, some of them wondered if Jesus was the Savior. After his baptism, Jesus went into the wilderness to prepare. Instead of eating, he prayed, and the devil tempted him, saying, "If you are the Son of God, command this stone to become bread" (4:3). Although Jesus was hungry, he wasn't fooled. He answered, "One does not live by bread alone" (4:4, see also Deuteronomy 8:2-4).



The devil then took him up a mountain, where he could look down on kingdoms of the world. The devil said, "All this will be yours, if you worship me" (4:7). Jesus replied, "Worship the Lord, your God, and him alone shall you serve" (4:8). Finally the devil placed Jesus on top of the Temple and said, "If you are the Son of God, throw yourself down from here, for...[God] will command his angels...to guard you" (4:9-10). But Jesus said, "[The Bible] also says, 'You shall not put the Lord, your God, to the test'" (4:12).

Then the devil left, and angels came to care for Jesus. When he left the wilderness, he was strong and ready to do God's will.



When have you been tempted to do something bad?

How did you say "no" to temptation and "yes" to doing good?

Four Ways to Resist Temptation

READ GOD'S WORD

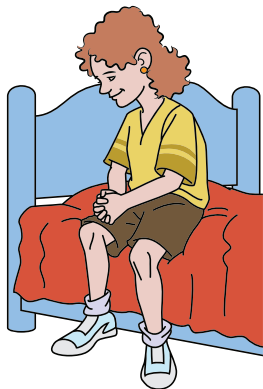
When Jesus was tempted, he quoted God's word. The Bible offers many passages that help us do good and know what God's will is, including rules, comfort, and strength to resist temptation. During Lent, spend some extra time reading the Bible.



What kind of help do you need from the Bible?

PRAY

Jesus often prayed alone. He knew his strength came from heaven. Prayer is a great source of strength for us, too. This Lent, remember to pray every day.



ALMSGIVING

Almsgiving means giving money or things like food and clothing to the poor. Lent is a good time to help the needy in your area. By donating your time, money, or things to others, you are caring for your neighbor like Jesus asks.



What can you give to others this Lent?

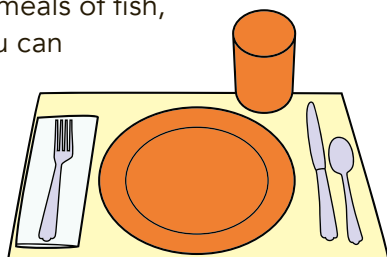


How do you like to pray?

What do you want to pray for this Lent?

FAST

Jesus fasted in the wilderness as a way to grow closer to God. **Fasting** means to eat smaller meals or only one meal during the day as a way of growing closer to God. Adults fast on Ash Wednesday and Good Friday during Lent. We also abstain from meat during Fridays in Lent and eat simpler meals of fish, pasta, or veggies. You can fast during Lent by giving up a special treat or dessert, or passing up second helpings.



What could you give up this Lent to grow closer to God?

Lenten Symbols

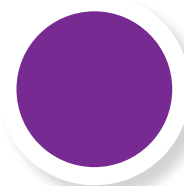
ASHES

On Ash Wednesday, we go to a special Mass where the priest blesses **ashes** and then makes the Sign of the Cross on our foreheads with them. The ashes are made from blessed burned palms from last year's Palm Sunday. They remind us to turn away from sin and that without God, we are like dust or ashes—lifeless.



COLORS

For most of Lent, the priest wears purple when he is saying Mass. **Purple** is the color of repentance, being sorry. On the fourth Sunday of Lent, the priest wears **rose**, which signals to us that the joy of Easter is almost here.



PALMS

On **Palm Sunday**, a week before Easter, the Church begins Holy Week. We wave palm branches in remembrance of Jesus' entry into Jerusalem (Matthew 21:1–11; Mark 11:1–11; Luke 19:28–40; John 12:12–19). The palms remind us to honor





WHAT DOES IT MEAN?

Draw a line to connect each word on the left with its meaning on the right.

Palms	Desire or attraction to sin
Almsgiving	Going without food
Ashes	Speaking and listening to God
Fasting	The written word of God and stories of God's people
Prayer	What the crowd waved at Jesus
The Bible	Giving money or food to the poor
Temptation	Burned palms

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In Short

- The major themes of Lent include: repentance, sacrifice, growth, and overcoming temptation.
- The practices of fasting, prayer, and almsgiving are central to Lent.
- Many symbols are associated with Lent.



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