

**"I am the living bread which came down from heaven; if any one eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh."** John 6:51



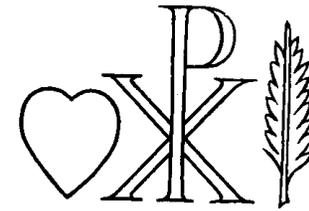
**"I am with you always,** to the close of the age. Matthew 28:20

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# Lenten Journey



2014



# PRESCRIPTION

**TAKE** time every day to speak to God.  
(God deserves our time and attention!)

**EXERCISE** self-control everyday.  
(Love people NOT things!)

**GO** to confession whenever needed.  
(Be not afraid, Jesus wants to help you!)

**ATTEND** Mass every Sunday.  
(It is right and just to praise and worship  
God every week. He deserves it!)

**RECEIVE** Holy Communion often.  
(He will strengthen you against future  
temptations!)

**BE** kind, generous and loving always!  
(Jesus calls us to Holiness)

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# GENEROSITY

*We are called to share our time,  
talent and treasure (money-**alms**)  
with each other and with the Church.*



When was the last time you offered to  
help your parents or a friend or  
neighbor?

Today?

**I will try to think about others more  
than myself and I will try to find ways  
to help others whenever I can.**

*Write down something that you can do to  
help at home or at school.*

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Lent is the time of year  
to focus on your  
spiritual health and  
eternal wellbeing!

IT IS TIME FOR  
YOUR ANNUAL  
SPIRITUAL  
CHECKUP!



# PRAYER

**We are called to express love, praise and thanksgiving to God every day.**



How often do you lift your heart and mind to God? **(prayer)**

Too Much?

**I need to renew and strengthen my prayer life with Jesus.**

*Write a small prayer of thanks to Jesus for loving you, today.*

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# SELF CONTROL



**We are called to love God more than anything or anyone in this world.**

How often do you offer small acts of sacrifice to God? **(fasting)**

Every day?

**I will try to eat smaller meals and avoid eating meat on Ash Wednesday and the Fridays of Lent to help remind myself how important God is to me!**

*Write down something that you especially enjoy eating or doing which you will try to give up during Lent as an act of love and self-discipline to God.*

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