

# Saint Boniface Parish

## Faith Formation Handout – Sunday, February 21<sup>st</sup>

### First Sunday of Lent

#### Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan.

He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God:

"This is the time of fulfillment.

The kingdom of God is at hand.

Repent, and believe in the gospel."



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## What does our covenant with God mean to me?

### First Grade

A covenant is a promise that one person makes to another. What types of promises have you made? Do you make promises a lot? Do you usually keep your promises? What was the last promise that you made to someone? Did you keep it or did you break it? Have you made a promise to God? How are you doing at keeping that promise to Him?

### Second Grade

Each time that God makes a covenant with us He gives us a sign to remember that covenant. The most important covenant He made with us was when He died on the Cross for us and left us the Eucharist. What do you know about the Eucharist? What do you want to know Jesus? Are you excited to receive Communion?

### Third and Fourth Grades

In today's Gospel, we hear that Jesus was in the desert for 40 days and was tempted by the devil. What does it mean to be tempted by something or someone? When was a time that you were tempted? Do you usually stay strong or give into the temptation? How can God's covenant help you to stay strong?

### Fifth and Sixth Grades

In today's first reading we hear about Noah and the great flood. God then makes a covenant with us that He will never flood the Earth again. He gives us a rainbow as a sign of the covenant. What do you think about when you see a rainbow? How can a rainbow remind you of God? What does God's promise to never destroy the earth mean to you?

### Seventh and Eighth Grades

It can often seem like people say whatever they are thinking, even if they do not really mean it. Do you mean all of the things that you say? When God makes a covenant with us and promises to be our God, what do you think He means? When He died on the Cross for us, what do you think He meant by doing that?

### High School and Adults

What covenants have you made in your life? What promises have you made with someone, when you promised not something, but your whole self? How important is an action where you promised your whole self? Is that something that you can easily take back? God made a covenant with you when He died on the Cross for you.

# For this Week...

We are Catholic always and in everything we do. Throughout the week bring your faith into your school, your work, your play and your family. Here are some ideas for you.

## Monday

Do we realize how much we need God? If we don't know how much we depend on God every day, then His covenants with us will not mean anything to us. Today, spend time in prayer thinking about how God is present in your life each day. After you think of everything you can, stop and ask God to reveal to you more ways that you are not aware of.

## Tuesday

We each live within God's covenants, which bring us more joy and protection than we realize. One way that we can come to focus on God's presence in our life is to look for Him in the good moments. Today, each time something good happens stop and look for God in it. If you see Him, say thank you. If you don't, ask Him to help you.

## Wednesday

We can also see God's work in our lives in the difficult moments, especially in moments of temptation. When tempted we can feel far from God and not see the help that He is giving us. Today, in each moment of temptation, look for God's presence. If you see Him, say thank you. If you don't, ask Him to help you.

## Thursday

One thing that a covenant does for us, is provide us with a community. God did not make a covenant with just you, but with everyone around you. Who are the people in your life that God also loves and is working in and through? Today, ask God to help you to see how His covenants are affecting other people in your life and how He is helping them.

## Friday

While God's is the one making the covenant with us, we are still invited to respond with our lives. Jesus gave His whole life for you on the Cross. What are you doing in return? Today, in your prayer and discussion with others, consider what you are giving back to God. He gave His whole life. What can you give back to Him?

## Saturday

The most important way that we can respond to God and to live in His covenants is to receive Him in the Sacraments. When was the last time that you went to Confession? No matter what your answer, choose to go to Confession this Lent. Priests are available to hear your Confession and help you to know what to say to God in the Sacrament.



## FROM THE CATECHISM...

"God, who creates and conserves all things by his Word, provides men with constant evidence of himself in created realities. And furthermore, wishing to open up the way to heavenly salvation - he manifested himself to our first parents from the very beginning." He invited them to intimate communion with himself and clothed them with resplendent grace and justice. This revelation was not broken off by our first parents' sin. "After the fall, [God] buoyed them up with the hope of salvation, by promising redemption; and he has never ceased to show his solicitude for the human race. For he wishes to give eternal life to all those who seek salvation by patience in well-doing." Even when he disobeyed you and lost your friendship you did not abandon him to the power of death. . . Again and again, you offered a covenant to man.

Catechism of the Catholic Church, 54-55

## Next Week's Readings

Here are the readings for next Sunday so that on Saturday you can read through them. If you take a few minutes to read them and prepare, you will get a lot more from Mass. They are available online at [www.usccb.org](http://www.usccb.org).

Genesis 22:1-2,9A,10-13,15-18 Psalm 116:10,15,16-17,18-19 Romans 8:31B-34 Mark 9:2-10