

LENT

What is Lent? Why is it important in our lives?

- In the Bible we read in Matthew 4:1-2 “Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry.”
- Just as in Advent we prepared for the coming of Jesus at his birth, and his coming as king; Lent is a time of preparation for the Passion, Death, and Resurrection of Jesus Christ.



- Jesus *LOVES* us so much that he died for our sins and those of the whole world, that we may one day share in eternal life with Him in Heaven. But the road to His glory was not an easy one, He had to suffer much for us, and by way of the Cross.



- If we want to share in Eternal Life with Him in Heaven we TOO should try to love Him with all our heart, mind and strength, and to love each other with a generous love that is ready to make sacrifices, just like Jesus was able to make a sacrifice of Himself for our salvation.

o Lent is a time for *preparation*. It starts this *Wednesday the 17th* → (you should go to mass or watch online. Don't forget to use your prayer journal during homily!)

- **What are we preparing for?**
- **Background** : Jesus prayed and fasted for 40 days to prepare for His public ministry (before he preached the Kingdom of God and called people to repentance)
 - He spent 40 days in the wilderness fasting & praying (N
 - This year is a SPECIAL lent for you! Because you are preparing for your confirmation. *Make this lent count! Do it well!*
- Our 40 days is to prepare us to experience the full joy & celebration of **Easter!**
 - In order to do this we go into the desert with Jesus and enter into his *Passion and Death* →
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 - Not just about saying NO to something, but a way to say YES to God!
- **How to Prepare:**
 - <https://youtu.be/qDG51cl9gY>
 - **Journal Questions:**
 - o **What is in my life that cannot be in my life if I am going to follow Jesus?**
 - o **1 way I can develop my relationship with Jesus through Prayer** : (suggestions: reading the gospel every day, praying the rosary every day, praying before meals, praying before I go to bed, pray with my family everyday...)
 - o **1 thing I'm going to Fast from:** (Remember it's about *what* you give up, it's about *who* you focus on when you give it up, it's about conforming your life to Jesus... suggestions: it doesn't have to be food but it can be as long as you have a good intention... it's not about losing weight. Fast from eating between meals, It can be fasting from social media, from checking you phone often, from texting, from TV/shows/movies, from Music, from bad words, from arguing...)

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- **1 thing I'm going to Almsgiving** (suggestions: give time, spending time with my family without my phone, listening better, asking my family about themselves, donate some clothes to the poor, send people affirmations, volunteer somewhere, offer free tutoring, help the homeless...)

For the classes we have missed in the past, please take time to review the lessons missed by watching these videos (Be prepared for a quiz over the material watched. And REMEMBER to keep studying your prayers (The Our Father, The Hail Mary, and The Nicene Creed)! 😊

The Holy Spirit:

<https://www.dynamiccatholic.com/confirmation/decision-point-session-8-4.html>

<https://www.dynamiccatholic.com/confirmation/decision-point-session-8-5.html>

The Church:

<https://www.dynamiccatholic.com/confirmation/decision-point-session-9-1.html>

<https://www.dynamiccatholic.com/confirmation/decision-point-session-9-2.html>

See you on February 21st !

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