

**3rd Sunday of Lent Cycle B**  
**TEEN GROUPS**

**Materials:** copies of the Ten Commandments or Bibles, newsprint (optional), pencils, markers

**OPENING PRAYER:** “God and Father of all gifts, we praise you, the source of all we have and are. Teach us to acknowledge always the many good things your infinite love has given us. Help us to love you with all our heart and all our strength.” Amen. (Opening Prayer from the *Roman Missal* “Mass in Thanksgiving”)

**READING SCRIPTURE:** Exodus 20: 1-7 Psalm 19: 8-11 1 Corinthians 1:22-25 John 2:13-25

**LET’S REFLECT!** *God’s laws show his great love for us and call for our response.*

The key to the meaning of the Ten Commandments is found when God identifies himself as liberator and says, “I, the Lord, am your God, who brought you out of the land of Egypt, that place of slavery” (Exodus 20:2).

Because God cares for us in such an awesome way, he gives himself completely and, in return, calls for a definite promise of faithfulness. This response of faithfulness is totally for our good. The purpose of the commandments is to free us from destruction and chaos by bringing peace and order.

**LET’S EXPLORE!** *Form small groups for the following activity. Give each person a copy of the Ten Commandments or a Bible (See Ex 20.), paper, and pencils.*

**Leader:** Look at each commandment separately and identify ways people can sin against that particular commandment. It is important to remember that sins can be committed in thoughts, words, and actions, as well as by failing to act.

*Each group will share its list with everyone. Then each group will write an examination of conscience, using the lists of sins. An example for the First Commandment could be: Do I have false gods in my life that I give greater attention to than God, like money, drugs, cell phones, Wii Nintendo, fame, pleasure, property, etc.?*

*The examination of conscience will be used next week.*

**LET’S TALK!** *In small groups, discuss the following questions.*

1. Our actions (good or bad) affect our relationship with God, self, family, and everyone else. Based on the examination of conscience, do you agree? Give examples.
2. Discuss what it means when we say that the commandments free us.

3. The First Commandment is pretty straightforward. Put God first. In our culture, is it easy for you to keep God first? Discuss.

**LET’S LIVE IT!** *Select one or more of the following actions and be prepared to share next week.*

1. Refer to your examination of conscience several times this week and see how you are doing.
2. This week become aware of how you use God’s name, remembering that God’s name is holy and we must respect his name.
3. Live out the third commandment and willingly participate at Mass this week.
4. Pray the “Memory Verse” each day.

**Let’s Pray!** *Gather around a prayer table with a Bible opened to Exodus 20, a lit candle, and a crucifix.*

**Reader One:** Lord, help us to focus on you and not be consumed by false “idols.”

**All Respond (R/):** Lord, you have the words of everlasting life.

**Reader Two:** May we always honor your name, use it reverently, and keep Sunday as a sacred day. **R/**

**Reader Three:** Our prayer is that we honor our family relationships and commitments. **R/**

**Reader Four:** Help us to respect life from conception until natural death. **R/**

**Reader Five:** Guide us to respect truth and the property and the good name of others. **R/**

*Leader blesses each person by making the sign of the cross with the crucifix and saying, “**Name, go forth and respond to God in faithfulness.**”*

*Each person responds: “**Amen. I will.**” The last person blesses the leader.*