

# Introduction

You know about Lent. Maybe you usually give up something or eat fish on Fridays. This year's Lent is going to be different for you. For one thing, you're older and wiser, so you can appreciate Lent's deeper meaning. You're also on a path of self-discovery through your preparation for confirmation. Walking through Lent right now is like trying out a new camera that's got advanced features to help you see the world in new ways. This little booklet can help too. There's a short Scripture passage for each day. (If you're curious, look it up and read more.) There's a prayer—more like a conversation starter with God. Finally, there's an easy little Lenten step you can take. Spend Lent getting closer to God, and you'll discover more about you along the way.

**NOTE** ➤➤ You may have counted the days from Ash Wednesday to Easter and noticed that it's more than 40 days. Very observant of you. But no worries. Just use the prayers here as you need them.

Hey, Lord.

It's Ash Wednesday, but I'm not sure where to begin.

So here goes...

Return to you? What does that mean?

Sometimes I feel like you're the one  
who needs to return to *me*.

Sometimes I feel like you're far away.

Maybe we need to talk about this.

You and me.

Alone together.

I'll start. Where are you these days?

Show me, please.

I want you close in my life.

I need your power, love,  
and strength.

Open my heart to your presence  
during these 40 days.



### A LITTLE LENTEN **STEP**

**I will spend some time in silence today,  
listening for what God is saying to me.**

Hey, Lord.

Yesterday I listened to you.

Today I have things I want to say.

This is what I need right now...

≡ *Share what you need with God.* ≡

They say that a good listener repeats  
what the other has said.

So, can you repeat to me what I need, God?

When I listen for you, what do I hear?

Is it the same thing I've said, or maybe...?

Are you showing me something new?

Help me be aware.

≡ *Listen for God speaking to you.* ≡

#### A LITTLE LENTEN **STEP**

**I'll ask God to help me think  
about what I really need.**



Lose myself?

Lord, I'm not even sure who

I am in the first place.

How can I lose myself?

Maybe what I need most

is to figure out

who I am.

Some days I think

I know, but other days

I'm not sure.

Help me with this.

Help me look inside to find my truest self.

I may not find me right away, but I know you

will get me started.

Because, well, you created me. You know me

better than anyone.

Show me this person you've created.

The me that you love. The me I need to love.

Then, Lord, show me what I need to do,

Because I don't want to lose this person

you have created.

A LITTLE  
LENTEN STEP

**I will work on something I really enjoy today and think about how it helps me know who I am.**

So, I might need a little help here, God.  
I see a lot of people doing things  
just to get attention.  
It annoys me.  
Then again, I wonder.  
Do I ever do things just so people will look at me?  
What is it I want them to see, really?  
Do I just want them to accept me?  
Do I want them to see me for who I am  
—or their version of me?  
Can you help me accept who I am  
—with all my struggles and questions?  
Then help me pay attention to other people  
—and what they want me to see about them too.

**A LITTLE LENTEN STEP**

**I will pay attention to someone I don't usually notice and say a quick prayer for them.**



I'm looking back at my day, Lord,  
and wondering if I looked for the good.  
Or did I seek out what *wasn't* good?  
Did I look for what's negative in certain people  
and situations?  
Did I focus on the fails?  
Was there a part of me that enjoyed that a little?  
Help me think about that, Lord.  
Keep me from getting lost in my own fails and wins.  
Help me move on to tomorrow.  
Help me look for the good in people and situations.  
And in myself.  
I know it won't always be easy.  
But I know you are with me.  
Where I find the good, I find you.  
I find joy.

#### A LITTLE LENTEN **STEP**

**I resolve to look for the good in people and situations today.**



Jesus,

It's kind of good to know that you were tempted,  
just like everyone else.

Especially when you were hungry and alone.

But were you really alone out there in the desert?

No, you were filled with the Holy Spirit.

That's how you were able to get through  
the awful days.

I need to remember that.

Because I get tempted all the time  
to be less than I am.

But...I do not live by bread alone.

I live by your Holy Spirit.

With your Spirit within me, I am never alone,  
even in the darkest places.

You give me your strength, courage, and peace.

Help me remember that.

#### A LITTLE LENTEN **STEP**

**I'll write down something or someone that tempts me to be less than I am. I will ask God to help me do what's right.**



Sometimes I feel lost, Lord.

There are lots of paths ahead, but I don't know  
which direction to take.

And here you are, asking me to follow you.

I can *say* I follow you—that's pretty easy, especially  
when I'm at church, or just sitting here talking  
to you.

But then reality hits. I have to make choices.

Do my choices lead me to you, or somewhere else?

It's not easy, Lord. You know that.

Show me, Jesus, during these 40 days.

Help me follow you by living like you, giving like  
you, loving like you.

When I am following you this way, I'll never be lost.

#### A LITTLE LENTEN **STEP**

Where am I having  
trouble choosing  
the right thing  
to do? I'll ask the  
Holy Spirit to  
guide me.

