

TOTALLY LENT!



A TEEN'S
JOURNEY TO
EASTER 2024





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Did you ever put your “whole heart” into a task, project, or event? Then you know that putting “all your heart” into something means being willing to put a great deal of effort into reaching a worthy goal.

Through the prophet Joel, God is asking you to open your heart, to “return to me with all your heart.” And, while doing what you know to be right may be very difficult at times, the rewards are great.

*Yet even now, says the LORD,
return to me with all your heart,
with fasting, with weeping, and with mourning;
rend your hearts and not your clothing.
Return to the LORD, your God,
for he is gracious and merciful,
slow to anger, and abounding in steadfast love,
and relents from punishing.*

[JOEL 2:12-13]



What Teens Say

“When I was little and I heard my Mom and Dad talk, I didn’t always know what they were saying, but I knew when it was important. I could just tell. Now, just like when I was a kid, even though I don’t understand everything about Lent, I know it is important. I can just tell” ☺ JENI, 14

How will you open your heart to God during this Lenten season?

Finding Your Way

We all want Lent to make a difference in our lives! But it can be difficult to learn to pray, fast, and give alms. Yet, there are important people and guides to help us along the way. Remembering what you learned in *Totally Lent!* during this

past week, write how each of the people and guides on this list can help you in your journey to Easter.

Then locate these words in the word search on the next page. Go ahead. Find your way. Good luck!!

RECONCILE _____

RELATIONSHIP _____

LENT _____

REPENTANCE _____

GOLDEN RULE _____

JONAH _____

NINEVA _____

PADRE PIO _____

ISAIAH _____

WORD CYCLE _____

SEARCH for **HELP ALONG** the **WAY**



**TRY
THIS**

This week, try to find your way into a helping situation. Remembering the example of St. Padre Pio and the words of Isaiah, try to be a model and a voice for helping others around you.



TRY THIS

Select a passage from Scripture to read each day this week. Try to figure out what God is trying to tell you in each passage and how God is directing your life. Make notes here.

In this Scripture passage...	I think God is trying to tell me...



What Teens Say

"Last year when my grandfather went to the hospital, we found out that he would not live very long. My family got real serious. We remembered and talked about all the things Grandpa said to us and used to do. My mom said he was a wise man. My sister and I only knew him as Grandpa. To me Lent is like those sad days before Grandpa died—being serious, remembering, and praying."

➔ JAONI, 16

People achieve great things because 1) they believe that what they seek is possible, and 2) there is someone who encourages their belief. The sick man's encounter with Jesus shows us this is true. Jesus said to the sick man:

"Do you want to be made well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." Jesus said to him, "Stand up, take your mat and walk." At once the man was made well, and he took up his mat and began to walk.

[JOHN 5:6-9]

What have you been able to achieve because you believed you could and because you had someone's encouragement?

What Would the Saints Do?

Saint Kateri Tekakwitha (1656-1680) was born in the territory of the Mohawk Native American tribe that later became New York state. Her father was a Mohawk warrior and her mother was an Algonquin captive. When Kateri was four years old, smallpox struck her village, leaving Kateri disfigured, half blind, and an orphan.

On Easter in 1676, Kateri was baptized by a "blackrobe," the name the Mohawks gave Jesuit missionaries. But she was scorned and mistreated by her people because of her Christian beliefs. So, in 1677, Kateri fled through the wilderness to the mission of Saint Francis Xavier, near Montreal, Canada. There she became known for her kindness, prayer, faith, and penance.

The first Native American to be proposed for canonization, Kateri Tekakwitha was beatified by Saint John Paul II in 1980, and canonized by Pope Benedict XVI in 2012. She is honored by the Church on July 14.



We see through these Lenten readings that Jesus has begun to reveal that he is God. You may also have noticed that this has been a very dangerous thing to do. Here's an example of that danger.

The Jews took up stones again to stone him. Jesus replied, "I have shown you many good works from the Father. For which of these are you going to stone me?" The Jews answered, "It is not for a good work that we are going to stone you, but for blasphemy, because you, though only a human being, are making yourself God." Jesus answered..., "If I am not doing the works of my Father, then do not believe me. But if I do them, even though you do not believe me, believe the works, so that you may know and understand that the Father is in me and I am in the Father."

[JOHN 10:31-34, 37-38]

Jesus basically said, "You don't have to believe my words, but aren't my actions obvious to you?" If someone were to watch the things you do for several days, how do you think that person would describe you?

What Teens Say

"It's a time of meditating and prayer in which we should feel closer to God. Lent is a time for us to act in unselfish ways like sharing, loving, and caring for others. Lent is a time to thank the Lord for all the gifts he has given us and all the sacrifices he has made for us. We are truly lucky to live in the homes, cities, and places that we grow in, and during this season we should thank God in actions of kindness...."

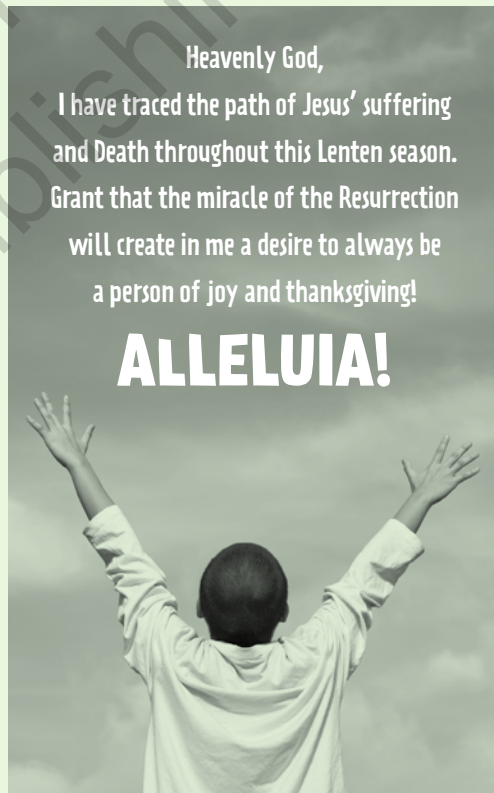
➔ MARCO, 15



Continuing the Journey

The goal of the journey through the 40 days of Lent is to grow in knowledge and love of Jesus and the Church. But the journey doesn't stop when Lent ends. The challenge is to deepen your knowledge and love every day. To accomplish this, plan to:

- ➔ **Go to Mass regularly and be nourished with the Body and Blood of Christ.**
- ➔ **Read about Jesus in the Gospels.**
- ➔ **Learn more about the saints and about the Church.**
- ➔ **Serve those who need your help.**
- ➔ **And, most important of all, be a disciple of Jesus. Follow the One who showed us the way.**



ANSWERS

PAGE 11



PAGE 19



PAGE 26

- Mercy
- Forgiveness
- Sacrament
- Katharine Drexel
- Righteous
- Repentance
- Trust
- Jeremiah
- Juan Diego
- Justice
- Reconciliation
- Compassion

PAGE 34

All who exalt themselves will be humbled and all who humble themselves will be exalted.

PAGE 39

PHRASE 2: I believe in Jesus Christ, his only Son, our Lord.

PHRASE 3: He will come to judge the living and the dead.

PHRASE 4: I believe in... the resurrection of the body.

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