

Review of Life Resource The Season of Lent



Beginning on Ash Wednesday (2nd March 2022) and ending on Easter Sunday (17th April 2022) Lent is that special time of prayer, sacrifice, good works and preparation for the wonderful celebration of Easter when we, as Christians, celebrate the Resurrection of Jesus Christ. Many people use the forty days of Lent as a time of soul searching or sacrifice, giving up something they enjoy, like sweets, chocolate or alcohol. Others use the time to take up something new like good works or acts of charity. But Lent can also be a time for us to consider how we might live out our faith in our everyday lives as we journey towards the mystery of Christ's death and resurrection. Through the method of See, Judge, Act we invite you to explore the Gospel with us as you journey through the season of Lent in preparation for the wonder of Easter.

SEE:

- What is Lent?
- How long does Lent last?
- Have you given up something for Lent?
- What do you think Almsgiving is?
- What do we mean by the term Fasting?
- Describe how you can pray.

JUDGE:

Your Father who sees all that is done in secret will reward you - Matthew 6:1-6, 16-18

Jesus said to his disciples: 'Be careful not to parade your good deeds before men to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win men's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.

'And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them; I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

'When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let men know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.'

- Why do you think Jesus says to give alms, pray and fast in private?
- What might be the "reward" for praying, fasting or giving alms?
- How easy is it to keep to our Lenten promises? What makes it more difficult?

ACT:

- What act of charity can you do? Are you able to raise money for or awareness of those less fortunate to you?
- Have you given something up for Lent?
- Can you find time during Lent to pray? Could you do this every day/week?