



**LENT**

**GIVE**

**Take**

**LOOK**

**LIFT**

**UP**



Youth & Young Adult Ministry  
Diocese of Waterford & Lismore



## Preparing for Lent

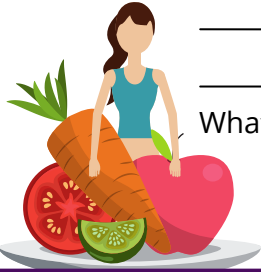
HOW HAS YOUR UNDERSTANDING / PRACTICE OF LENT CHANGED SINCE YOU WERE A CHILD?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "PREPARING FOR LENT" AND REFLECT ON THE QUESTIONS THAT FOLLOW



According to Fr Mike, why do some people see Lent as a time to challenge themselves to do something impossible?



What's the 2-for-1 idea some people do?



### WHAT'S THE REAL POINT OF LENT?

Originally Lent came at the end of a time of preparation for entering the Church.

Lent was known as the Season of P\_\_\_\_\_ and E\_\_\_\_\_.

The real point of Lent is to look at what will make me a s\_\_\_\_\_!

Three areas recommended for Christians to look at in Lent:



**P\_\_\_\_\_ (to get closer to the Lord)**

**F\_\_\_\_\_ (to purify areas of your life)**

**A\_\_\_\_\_ (to give back to others / to serve)**



List at least 3 practical suggestions Fr Mike makes in any of these three areas that you could apply to your life:

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What two days of the years are Catholics asked to fast on?

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Why does Fr Mike think telling people what you're doing for Lent is not being prideful or big-headed?



Could you do "Forty Days of Gratitude" for Lent?  
Check out the template over the page!



- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



BE THANKFUL  
BE GRATEFUL  
BE BLESSED



# 40 Days of Gratitude



MAKE A LIST OF 40 PEOPLE YOU COULD POSSIBLY EXPRESS GRATITUDE TO OVER THE COURSE OF LENT. IT DOESN'T HAVE TO BE FOR SOMETHING VERY BIG! CALL THEM, SEND A LETTER, A TEXT, AN EMAIL, OR A EVEN VOICE NOTE! REMEMBER, THE MORE PERSONAL THE BETTER.

No.	Name	Reason	Sent!
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
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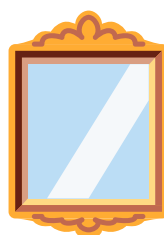
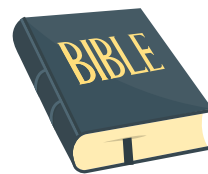
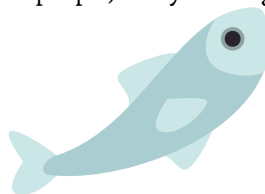
# 40 Unusual Lenten Observances!

Give Up  
Take Up  
Look Up  
Lift Up!

IF YOU STRUGGLE WITH GIVING UP OR TAKING ON ONE THING FOR THE WHOLE OF LENT,  
WHY NOT TRY SOMETHING DIFFERENT EVERY WEEK OR EVEN EVERY DAY?

**Remember the goal of Lent is to help you purify your life from anything that is stopping you from being the best version of your saint, or taking on practices that will help you achieve that. If you fall, pick yourself right back up and try again!**

1. Only buy what you need.
2. Limit your screen time: assign a set time to check your social media each day, and ignore it other than that!
3. Give up snacking for the day, or even just after your evening meal. Pray for those who are hungry around the world.
4. Don't check your social media when you get into bed. Instead spend some time in prayer and gratitude for the day.
5. Give up complaining for the day! Look for positive things to say instead!
6. Go for a walk: get some exercise and notice the beauty of the world around you!
7. Love tea, coffee or soft drinks? Go without today, and offer the sacrifice for someone who is lonely or sad today.
8. Offer to do someone else's household chores today... and then go do them!
9. Declutter! What are you holding onto that you can get rid of? (Think spiritually as well as physically!)
10. Leave your phone aside when you're with your family today and focus on them.
11. Fast from Netflix.
12. Fast from Selfies.
13. Fast from YouTube.
14. Fast from thinking negatively about yourself!
15. Fast from laziness - make your bed, do the dishes, go for that walk, put out the bins etc!
16. Fast from gossip - only say positive things about people, or say nothing about them at all if you're struggling!
17. Fast from pretending you're too busy to pray!
18. Fast from alcohol or cigarettes.
19. Fast on bread and water on Fridays.
20. Fast from meat on Fridays.
21. Fast from your favourite food.
22. Give up rolling your eyes at your parents or teachers.
23. Get up five minutes earlier than usual and start your day with a prayer.
24. Fast from the snooze button (it's called the Heroic Minute!)
25. Read one passage of Scripture every day (start with the Gospels or the Psalms)
26. Give up using Instagram filters.
27. Give up wearing headphones when in company.
28. Give away something every single day, be it time, money, or something you own.
29. Give up saying "God" or "Jesus" outside of a prayer.
30. If you're judgmental, pray for every person you see.
31. If you're vain, give up makeup or checking how you look in your mirror or phone.
32. Do an examination of conscience every night.
33. Listen to some good Catholic podcasts.
34. Give up using the word "can't."
35. Give up being sarcastic.
36. Go to Confession even it's a little scary to think about it.
37. Give up watching or making TikTok videos!
38. Give up checking your phone every 2 minutes.
39. Give up telling yourself that you're stupid. And anything less than the truth that you're an amazing beloved child of God.
40. Give up hiding your light (your talents).





*Remember you are dust and to dust you shall return.*

# The Significance of Ash Wednesday

*Repent and believe the Gospel!*

WHAT IS YOUR UNDERSTANDING OF WHY CATHOLICS WEAR AN ASHEN CROSS ON THEIR FOREHEADS?



DID YOU KNOW THE ASHES USED ON ASH WEDNESDAY ARE MADE FROM THE BURNING OF PALMS BLESSED IN THE PREVIOUS YEAR'S PALM SUNDAY CELEBRATION?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "[THE SIGNIFICANCE OF ASH WEDNESDAY](#)" AND REFLECT ON THE QUESTIONS THAT FOLLOW



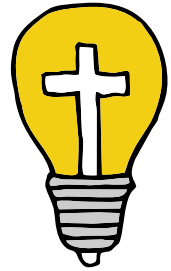
In the Bible, what did being covered in / sitting in dust and ashes mark in a person's life?

What change of mindset / place are we called to also?



IN HIS "THEOLOGY OF THE BODY" WRITINGS, ST JOHN PAUL II CALLED THE MOMENT OF THE FALL IN GENESIS, "THE ENTRANCE OF SHAME INTO HUMAN EXISTENCE" BECAUSE UP UNTIL THAT POINT, SHAME DID NOT EXIST.

Fr Mike explains that sometimes people are no so much numb to their sin, as not aware of \_\_\_\_\_



*On Ash Wednesday we are supposed to realise:*



- Something is wrong with the \_\_\_\_\_. It's not supposed to be like this.
- Something is wrong with my \_\_\_\_\_. I'm not supposed to be like this.
- I love things I \_\_\_\_\_ love and I don't love things I \_\_\_\_\_ love.
- It's not supposed to be like this - and we repent in dust and ashes.
- Does it mean you are bad? No! It means we are called to be \_\_\_\_\_

THE ASHES SIGNIFY WE ARE NOT AS WE SHOULD BE, WE HAVEN'T LIVED THE LIFE WE SHOULD LIVE, WE HAVEN'T MADE THE CHOICES WE SHOULD HAVE MADE.

*Why are the ashes in the shape of a cross?*



- Even with your broken heart and broken life, even with the bad choices you've made - God speaks this word over you? \_\_\_\_\_
- Through the cross, Jesus claimed our hearts and also our \_\_\_\_\_ as His.
- The ashes are a sign of the things in my life I need to turn away from, but the cross is not only the image of the thing I'm turning towards, but it's also the price tag Jesus was willing to pay to win your heart back.

- Your heart isn't like it should be but it is \_\_\_\_\_ and apparently, God believes that it's worth \_\_\_\_\_.
- The ashes mean I'm a \_\_\_\_\_ but the cross means that I have a \_\_\_\_\_.
- The ashes mean I'm not who \_\_\_\_\_ but the cross means there's a God who believes so \_\_\_\_\_ that He is making me right now into the person He believes that I can be.





# Lenten Word Search



FIND THE WORDS ASSOCIATED WITH LENT IN THE WORD SEARCH BELOW.

L O V E D B Y G O D Y O R F D S K M D C  
A S H W E D N E S D A Y A E A W R A G H  
S L I F T U P S E A I S L C Y E D S P A  
D T P C P C G A Q C T I R S T A I S U L  
N E A S H D A L O I N I A S R P R F E L  
O S A T O R C T N N F A A Q A G O P V E  
I S J T I O I G H I S E N S I R R O I N  
T O P G H O W S C O J D S E E I E A G G  
A R L H H S N E T O L I K H P Z S R E E  
C C O O H B K S U I O I E I C O U Q D V  
I E M W U A Z R O N A A C P Y M R E C T  
F H I P T D N R T F D N U W D C R I F M  
I T J E U E O H E O T K I D V T E S Z H  
R F U U Y E A A O B H H P T W O C O T O  
U O U C V E S V Q S C W E A Y D T V Q P  
P N U S N K H G P E M R K C V B I R B B  
R G M T E S E M A R I O M W R C O T I S  
C I U P C O S E P V A L H H T O N P E X  
Y S J T U I O U T A W R O N Y B S W N W  
T A N E O E E O P N P T C R W D Q S L F  
Z E D P X K Q J E C G N I V I G S M L A  
L U A I A E O C M E C R O S S K R K K N  
I N S T R L D O O H T N I A S E E H X K  
C A M A D F O Z J W R D S Y T E U T T Z  
H P L Y I Z D O P N S O S D C W A T L E  
U X U D X E B O K W X M S N Y Y I R J P  
O K P P R Y H W O U N R O A M L G W O I  
C D P L X U M X D G P M V Q W O X S M V  
N O I T A R A P E R P C Q O W H L V P Y  
E N L I G H T E N M E N T U I X T S A C

almsgiving  
ashes  
Ash Wednesday  
Catholic  
Challenge  
Christianity  
Cross  
death  
Easter  
enlightenment  
fasting  
forehead  
give up  
Good Friday  
Holy Week  
journey  
Lent  
lift up  
look up  
Loved by God  
Mass  
observance  
passion  
penance  
prayer  
preparation  
purification  
resurrection  
sacrifice  
sainthood  
sign of the cross  
stations of the  
cross  
take up



## QUICK FIRE QUIZ!

Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the season of Lent as quickly as you can. Who can explain the most words?

