



SEASON OF LENT

GIVE
Take
LOOK
LIFT

UP

RESOURCE
PACK FOR
POST-PRIMARY
SCHOOLS /
YOUTH GROUPS

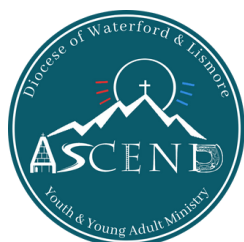
BROUGHT TO YOU BY THE DIOCESE OF WATERFORD & LISMORE

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Check out the
Ascend Youth & Young
Adult Ministry Lent Tunes
Playlist on Spotify

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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 during Lent?

CHALLENGE CHALLENGE

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:

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

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			
15			
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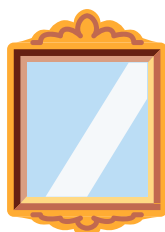
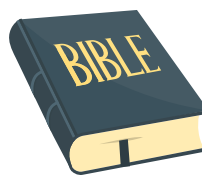
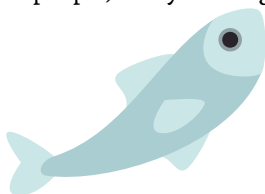
40 UNUSUAL LENTEN OBSERVANCES!

Give Up
Take Up
Look Up
Lift Up!

IF YOU STRUGGLE WITH GIVING SOMETHING 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).



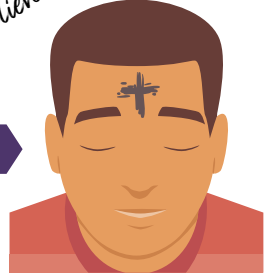


Remember you are dust and to dust you shall return.

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



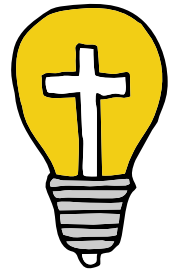
In the Bible, what did being covered in / sitting in dust and ashes mark in a person's life?

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.



Ash Wednesday Liturgy

Music: Suggested hymns below

Leader: Today is Ash Wednesday, the beginning of Lent. The season of Lent is not a time to make us feel guilty, or to use as an excuse for dieting or taking up exercise. Lent goes much deeper: it is a gift to us to help us prepare our hearts and minds for Easter, the high point of the Christian year. It is an opportunity to focus our hearts on what matters most: becoming the best version of ourselves, who God created us truly to be. For that to happen, we may need to prune some things from our lives, and take up other good habits, like prayer, almsgiving and fasting. We can begin this new way of life through our Lenten commitments: no matter how small they are, or how many slips we have along the way - we can begin again afresh each day.

During our prayer service today we will be marked on our foreheads with the sign of the cross made with ashes. The ashes come from the burning of palms blessed in last year's Palm Sunday celebration. The cross is a sign of the great love that Jesus has for us - that He gave up His life on the cross for each one of us personally. The ashes symbolise that we don't always live as we should, and also remind us that God wants us to be with Him for all eternity in heaven, that earth is just our temporary home. Let our ashes today be a sign of our commitment to living as God calls us to live, and loving as God calls us to love.

Let us pray: Loving God and Father of us all, may this Lenten season bring peace, forgiveness, healing and light into each of our lives. We make our prayer through Christ our Lord

All: Amen.

Reader 1: A Reading from the Letter of St Paul to the Hebrews: (Hebrews 12:1-3)
Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.
The Word of the Lord
All: Thanks be to God

Leader: *As a sign that you are ready to follow Jesus more closely this Lent come forward and be marked with the sign of the cross. [Participants come forward to receive their ashes. 'Turn away from sin and be faithful to the Gospel' is said as the ashes are distributed to each person.]*

Leader: *As we begin our Lenten season let us pray to God, our Father in the words that Jesus gave us:*

All: Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Reader 2: Lord, Teach me a new freedom. Freedom to reject comparison and to embrace uniqueness. Freedom to cut ties with greed and feast on love. Freedom to abstain from over indulgence and feast on self-control. Freedom to leave behind selfish thoughts and to focus on the needs of others. Freedom to fend off insecurity and to embrace grace. Lord, at this time of Lent, Thank you for the freedom you bring.
All: Amen

(a Lenten prayer for young people from www.lords-prayer-words.com)

Music: Suggested hymns below

"I Shall Not Want" (Audrey Assad) / "New Wine" (Hillsong) / "From the Inside Out" (Hillsong) / "Thank You" - Jesus Army / "Goodness of God" (Bethel Music) / "You Say" (Lauren Daigle)



CHECK OUT WHAT
CATECHISM OF THE
CATHOLIC CHURCH SAYS
ABOUT EMOTIONS AND
DECISIONS
CCC 1767-1770



KNOW YOUR HEART!

Try replacing "I have to" with "I get to" e.g.
"I get to go to school",
"I get to help my parents",
"I get to go to Mass"...

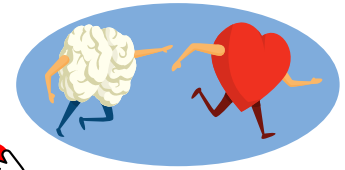
Prayer doesn't help your relationship with God. Prayer is your relationship with God.
- Mark Hart -

LIST THE TOP THREE THINGS YOU STRUGGLE TO MOTIVATE YOURSELF TO DO!





THINK OF ONE SITUATION WHERE IT'S BETTER NOT TO BE GUIDED BY YOUR EMOTIONS



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "WHEN YOU DON'T FEEL LIKE IT" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What temptation do we all often face, according to Fr Mike?

When we don't feel like doing something, or struggle to find the motivation or be enthusiastic, what should we do?

WHY?

Our reason / why should be: it's _____ to do the right thing.

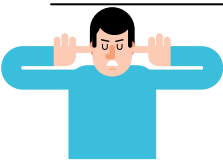
Mark Hart says: "Prayer doesn't _____ our relationship with God. Prayer _____ our relationship with God." That means if we don't have a daily prayer life, then we don't have a _____ relationship with God.



Our motive to pray should be: "I want _____"

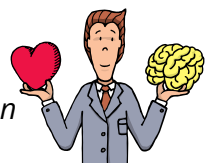
What did Jesus make possible for us to have? _____

What can the Holy Spirit do for us? _____



SO, SHOULD WE JUST IGNORE OUR EMOTIONS?

Fr Mike's friend Dean says,
"Emotions do not reveal the truth about reality, but they do reveal the condition of your heart." How would you explain this in your own words?



Think of a situation that could explain this idea: where your feelings could show where your heart is at, but it would be wiser not to follow your heart in that situation!



REMEMBER: YOU HAVE A REASON, A WHY, A MOTIVE: THE LORD WANTS A RELATIONSHIP WITH YOU, HE WANTS TO BE PART OF YOUR LIFE, HE WANTS YOU TO HAVE ACCESS TO HIS HEART, TO ENTER IN AND ENGAGE WITH THE FATHER, THE SON AND THE HOLY SPIRIT.

KNOW YOUR HEART

LUKE 5:1-11

Are there areas in your life where you find yourself saying, "My heart's not in it, I can't do it, I don't feel like it."? Reflect on one of those areas, and what the condition of your heart might really be saying. Then find your motive, your why and name it!

SITUATION: _____

WHAT MY HEART MIGHT BE SAYING: _____

MY MOTIVATION TO ACTUALLY ACT: _____



REGARDLESS OF WHAT YOU'RE FEELING, DO THE RIGHT THING!



Now Read Luke 5:1-11



This Gospel passage tells the familiar story of the miraculous catch of fish. Simon (Peter) has been fishing all night, and is no doubt exhausted. He's skilled at his trade, but for whatever reason, the night has not gone his way, and he has nothing to show for his efforts. He's weary, disappointed, possibly cranky at the loss of earnings, the weather, his own inability, maybe the faults of others. He has plenty of excuses to just pack up and go home. Then Jesus of Nazareth, a carpenter, not a fisherman, tells him to cast his nets again. Simon has listened to Jesus preaching and although every emotion in him was already strained and telling him to give up, he chose to obey (*although not without a little grumbling!*) We know what happens next: his nets filled to breaking point, his boats almost sank! Simon dropped to his knees, overcome, significantly very aware of the condition of his own heart. We don't know a lot about Simon before this point, but the heart of Jesus spoke directly to his heart that day, and caused him to leave his comfort zone and follow Jesus. Did he know what Jesus meant by a becoming a "fisher of men"? Highly unlikely! But Simon had a motive, to stay close to Jesus, and that was enough.



MISSION!

BE VERY CONSCIOUS THIS WEEK OF AREAS YOU STRUGGLE TO MOTIVATE YOURSELF IN. MAYBE IT'S HOUSEHOLD CHORES, ASSIGNMENTS, SPENDING TIME WITH PARTICULAR PEOPLE, CUTTING DOWN ON SCREEN TIME, SERVING OTHERS, LENTEN OR NEW YEAR RESOLUTIONS: WHATEVER IT IS, STOP AND ASK YOURSELF WHERE YOUR HEART IS AT, AND MORE IMPORTANTLY, WHAT IS YOUR MOTIVE FOR DOING THE RIGHT THING IN EACH SITUATION. LET THAT DRIVE YOU FORWARDS.



PRAYER TIME!

Dear Jesus, you know I struggle a lot sometimes to do the right thing. Getting out of bed on time, pulling my weight around the house, completing assignments to the best of my ability and on time, not making excuses for myself... the list goes on.

Help me to see my heart as you see it, to acknowledge what's truly going on in there. Give me the strength to rise above myself and my emotions, to find the why and the motive, daily, because the battle is daily. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE CONDITION OF YOUR HEART



- Lord I need you - Matt Maher
- Today I Choose - Brian Doerksen
- Ten Thousand Reasons - Matt Redman
- Nothing I hold onto - W Reagan & Utd Pursuit
- Here's my heart - David Crowder Band
- Blessed be your name - Matt Redman
- I raise a Hallelujah - Bethel
- I shall not want - Audrey Assad
- I will follow you - Kristene di Marco
- Build my Life - Pat Barrett

Click the links for the YouTube videos to listen to some suggestions!



HFM Testimony: Watch Áine's story of how she knew she had a choice to make in her faith



Fr Patrick Cahill: The Spirit of God



WATCH NOW

Our Wounded Hearts

Niels Larsen Stevns, Public domain, via Wikimedia Commons

Our wounded world...

Leprosy, especially in the time of Jesus, was a terrible disease. Not only did the physical body decay and waste away, but lepers suffered terribly emotionally, as they were cast out from society, never again to have contact with their families or loved ones, enduring a permanent isolation unless they could be cured.



None of us suffer from leprosy, but we definitely all can suffer from wounds in our hearts: words that have cut us deeply; friends or family letting us down; our own failures and weaknesses; troubles we carry that no-one else could even guess. Jesus doesn't turn away from our wounds: He wants us to know that He loves us, and wants to heal any hurts. He's not afraid of the messiness of our lives. He's the One who can bring real peace, forgiveness and comfort. We just need to ask Him.

"Your Father in heaven is not afraid of your mess. We do not have a God who loves us "in spite" of our messes, we have a God Who loves us in the midst of them." Mark Hart

What about my heart?



Listen to the song, *"Just One Touch"* by Kim Walker Smith.

Pick a line or a phrase that stands out to you and write it here:

What is it about this phrase that makes you stop and think?

How can you apply it to your life? Could it become a prayer for you this week?



Take some time in silent prayer. Open your heart as much as you can to God, asking for His healing in any areas of your life where you really need Him.

What about others?



Who can you reach out to this week? Who needs compassion and love? How can you help those in need? Think of one concrete action.

Dear Jesus, When you met the man with leprosy You acted with such compassion and love. Teach me to be that compassionate and loving to everyone I meet. Help me also to have the courage of that man, to ask for healing in my life, and to let You into the messiness of my life. Amen





PREPARE THE WAY FOR THE LORD

"Confession is a place of victory!"
Fr Mike Schmitz

CHECK OUT THE
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT
CONFESSION
CCC 1423-1424



- HAVE YOU EVER MET SOMEONE WHO THINKS THEY'RE ALWAYS RIGHT?
- DO YOU FIND IT DIFFICULT TO ADMIT WHEN YOU'RE WRONG?
- DO YOU FIND IT HARD TO GO TO CONFESSION? WHY DO YOU THINK THAT IS?
- SHARE WITH ANOTHER PERSON IF YOU ARE HAPPY TO.



WHAT COULD MAKE IT DIFFICULT FOR PEOPLE TO GO TO CONFESSION?

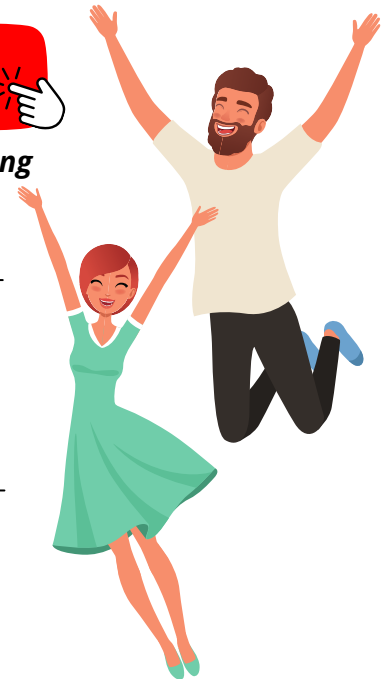


WHAT DO YOU IMAGINE CONFESSION IS LIKE FROM A PRIEST'S PERSPECTIVE?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "CONFESSION IS A PLACE OF VICTORY" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mike describes confession as **"one of the most joyful, humble and inspiring places in the world"**. Does this surprise you? Why (or why not)?



THREE THINGS THE PRIEST SEES IN CONFESSION:

1. THE COSTLY MERCY OF GOD IN ACTION.



People who are **discouraged** being _____

People who are **wounded** being _____

People who are **lost** being _____

People who are t _____

People saying: "I'm not going to give up on the God who won't _____"

2. THE HUMAN PERSON, PART OF GOD'S MASTERPIECE.

Fr Mike says sins are like _____.

That means that priests are like God's _____ collectors!

"Sins are boring". What is fascinating / memorable is the _____



3. THE PRIEST'S OWN SOUL AND HIS OWN HEART.

Sometimes a priest will recognise something in their own life when they hear another confess it. It can act as an examination of _____ for the priest himself.



PREPARE THE WAY OF THE LORD

LUKE 3:1-6



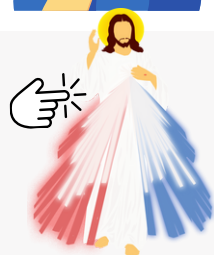
Fr Mike's father was a surgeon who saved lives and healed bodies. What did he say his son (Fr Mike) would do with his priest's hands?

KEY POINT: CONFESSION IS A PLACE OF VICTORY.

THE PRIEST HEARING CONFESSIONS GETS TO SEE GOD WINNING HIS CHILDREN BACK, EVERY SINGLE DAY!



Has this video changed / added to your understanding of confession in any way? What struck you the most from Fr Mike's explanation?



Now Read Luke 3:1-6



In this Gospel passage, we hear about Jesus' cousin, John the Baptist, who lived a radical and unconventional lifestyle in response to a personal call by God to prepare the way for the Messiah. John understood that a genuine conversion of heart would be necessary to really accept the Messiah' message. He wanted people to repent and believe, to prepare a way for the Messiah. In the Catholic tradition, one of the most beautiful and healing sacraments is the Sacrament of Reconciliation or Confession. It is a chance to take stock of our lives, see what is going well and not so well, see what is hindering us from drawing close to God and what we need forgiveness for. God's mercy is freely available to us. He doesn't just offer to mend our broken hearts: He puts a new heart in us each time we go to confession, and strengthens us so we can follow the path to Heaven again!



MISSION!

TAKE SOME TIME OVER THE NEXT FEW DAYS OR WEEKS TO MAKE A GOOD EXAMINATION OF CONSCIENCE. ASK THE HOLY SPIRIT TO GUIDE YOU AS YOU TRY TO REMEMBER ANY AREAS OF YOUR LIFE WHERE YOU FAILED IN YOUR RELATIONSHIP WITH GOD, OTHERS OR YOURSELF; TIMES WHERE YOU FAILED TO SHOW LOVE OR DELIBERATELY IGNORED GOD'S WILL OR GUIDANCE FOR YOUR LIFE. FIND OUT WHEN YOUR LOCAL CHURCH HAS CONFESSIONS AND DECIDE TO GO. YOU CAN PRAY FOR THE PRIEST IN ADVANCE TOO!



PRAYER TIME!

ACT OF SORROW:

O my God, I thank you for loving me. I am sorry for all my sins; for not loving others and not loving You. Help me to live like Jesus and not sin again. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON FORGIVENESS AND HEALING



- From the Inside Out (Hillsong)
- Prepare the Way (Charlie Hall)
- Thank You (Jesus Army)
- Lord have mercy (MW Smith)
- All who are thirsty (Brenton Brown)
- Here's my heart Lord (David Crowder)
- Misericordias Domini (Taize)
- O Come to the Altar (Elevation Worship)

Click the links for the YouTube videos to listen to some suggestions!



Making a Good Confession
Fr Mike Schmitz



How do I go to
Confession? ODB Films



Examination of Conscience
(NET USA)

THE CALL OF MATTHEW



Caravaggio, Public domain, via Wikimedia Commons



Click to view on website

Carravagio's famous work, "The Calling of Saint Matthew" illustrates the passage in the Gospel of Matthew (Matthew 9:9), when Jesus invited the tax-collector, Matthew, to follow Him. According to the story Matthew rose and followed him. In the painting, Christ (on the right, behind Peter) points to Matthew, the tax-collector, (the bearded man wearing a beret) - and calls upon him to become the apostle Matthew.

As a tax-collector, how was Matthew used to being viewed / treated by the Jewish people?

What would have been different in the way Jesus looked at him?

How is the certainty / authority of Jesus conveyed in this painting?

How does Matthew seem to be responding to this message?

How does Carravagio draw our attention to Matthew in this painting?

Look at his use of light / dark; hand gestures; guiding lines; facial expressions.

How do you respond to this painting?



Click here for an imaginative reflection on this scene:

<https://onlineministries.creighton.edu/CollaborativeMinistry/Imagination/cp-matthew.html>



NEED TO DECLUTTER YOUR LIFE?



IMAGINE THERE WAS A FIRE IN YOUR HOUSE AND YOU COULD ONLY SAVE 3 ITEMS (ASSUMING EVERY PERSON / PET IS SAFE!) WHAT WOULD YOU SAVE AND WHY?

- 1 _____
- 2 _____
- 3 _____

ANSWER THE FOLLOWING QUESTIONS ABOUT YOURSELF

- Do you struggle to keep your bedroom tidy?
- Do you struggle to find things because they're usually buried under layers!
- Do you like keeping mementoes of special occasions.
- How reluctant are you to let people borrow your stuff?



DID YOU KNOW THAT STUDIES PROVE THAT THOSE WHOSE BEDROOMS ARE UNCLUTTERED SLEEP BETTER, AND THOSE WHOSE OFFICES ARE UNCLUTTERED SEEM TO BE MORE PRODUCTIVE? WHY DO YOU THINK THAT IS?

PICTURE THIS: YOU'RE AWAY FROM HOME FOR THE DAY AND YOU REALISE YOU FORGOT TO BRING YOUR PHONE. ON A SCALE OF 1 - 10, HOW ANXIOUS DO YOU FEEL WITHOUT YOUR PHONE AT YOUR FINGERTIPS?



1

2

3

4

5

6

7

8

9

10

Not bothered!

PANIC!!!!



Now read Mark 6:7-13



What do you think this Gospel can teach us about detachment?



Put yourself in the shoes (or sandals!) of the disciples. How do you think you would feel, being told to take nothing with you, and rely totally on God to provide for your needs?

NEED TO DECLUTTER YOUR LIFE?

WATCH FR MIKE SCHMITZ' VIDEO: LEARNING DETACHMENT FROM YOUR STUFF



How does Fr Mike describe the vow of simplicity he took when ordained?
How is it different to a vow of poverty?

"Some things we own end up owning us." What do you think this means? DISCUSS.

Be honest with yourself. What "stuff" do you think you are most attached to?
What has a hold of your heart?



Can you think of anything you're holding onto "just in case" (not because you need it or want it?)

Some decluttering mantras will tell you to ask "Does this spark joy?" when you look at an object.
What three questions does Fr Mike suggest we should ask as Christians?

1
2
3



MISSION!

PUT SOME TIME ASIDE TO REFLECT ON THE "STUFF" IN YOUR LIFE AND HONESTLY QUESTION ITS PURPOSE, FOR YOU AND FOR OTHERS:

- DO I NEED THIS? DO I WANT THIS? AM I HOLDING ONTO THIS "JUST IN CASE" ...?
- TASK: THIS WEEK, TACKLE YOUR CLUTTER! START SMALL IF YOU HAVE TO, BUT START.



PRAYER TIME!

Pray before you begin to declutter: Lord, guide my actions and thoughts today. Grant me the vision to see the value in what I need to keep and how to use it for you, the generosity to see what to give away and bless others, and the wisdom to know what to throw away and be free of. All for your glory. Amen!



CREATE A PLAYLIST TO LISTEN TO AS YOU SIMPLIFY YOUR LIFE AND DECLUTTER!



- Simplicity (Rend Collective)
- To God be the Glory (Worship Central)
- Gratitude (Nicole Nordeman)
- Better (Pat Barrett)
- All Things New (Hillsong)
- Everything (Lauren Daigle)
- Everything (Tim Hughes)
- One Thing (Hillsong)

Click the links for the YouTube videos to listen to some suggestions!



LECTIO DIVINA / DIVINE READING



Based on Fr Josh Johnson:
What is Lectio Divina?
(Ascension Presents) 

PICK A PASSAGE FROM SCRIPTURE



LECTIO = READING

What does the scripture passage say in and of itself, that everyone should understand?



MEDITATIO = MEDITATION

Find something, a line or a word, that sticks out to you and begin it meditate on it. What does the text say to me, today, and to my life? What is it speaking into my heart?



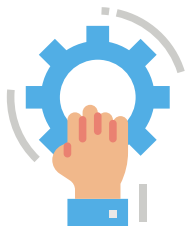
ORATIO = PRAYER

We speak to God about what we read and meditated on. We can intercede for others. We can pray in thanksgiving. We can ask for forgiveness. We can ask God for His grace (help) to live out what we feel called to do.



CONTEMPLATIO = CONTEMPLATION

What conversion of the mind, heart, and life is the Lord asking of me? This step is a gift from God - we can't make it happen! We spend time looking at him and letting Him look at us. If He leads you into deep prayer, go with it. If not, just chill with the Lord.



ACTIO = ACTION

What concrete action can I do based on my time of reading, meditating, praying and maybe contemplating with the Lord.



GET CREATIVE!

Design a t-shirt based on a key message of the Lenten Season!

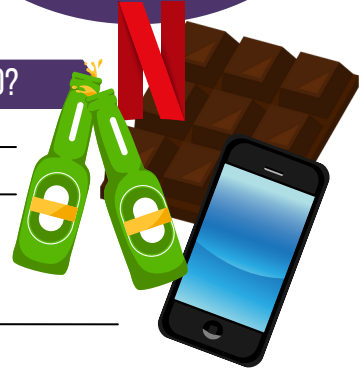


CHECK OUT WHAT
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT JESUS
BEING TEMPTED
CCC 538-540

HOW TO FACE TEMPTATION

... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
Philippians 4:8

ARE YOU GOOD AT RESISTING TEMPTATION? WHAT TEMPTATIONS DO YOU FIND HARD TO SAY NO TO?



DO YOU THINK PEOPLE CAN LEARN TO RESIST TEMPTATIONS? EXPLAIN YOUR ANSWER

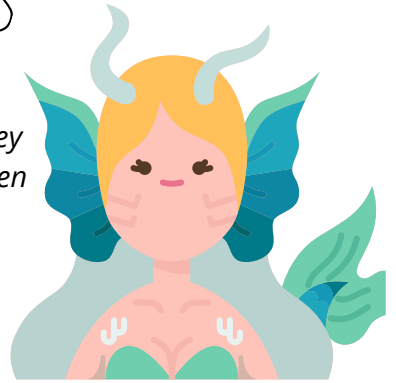


WATCH THIS VIDEO FROM FR MIKE SCHMITZ "HOW TO FACE TEMPTATION" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mike uses two stories from Greek mythology to explain three approaches to resisting temptation: Ulysses and his men, Jason and the Argonauts, and how they responded to the Sirens, mythical half bird / half-woman monsters who lured men to their deaths by their seemingly beautiful sounding music and illusory beauty.

In a similar way, evil can pass itself off as something good.



- Gossip can pass itself off as _____.
- Lust can pass itself off as _____.
- Greed can pass itself off as _____
or _____

Ulysses and his men

How did Ulysses' men resist the temptation of the sirens' call / lure?

How did Ulysses himself try to resist their song?

Who could see the sirens for what they really were, i.e. shrieking monsters?

Why was the way Ulysses chose not a good way to resist temptation?

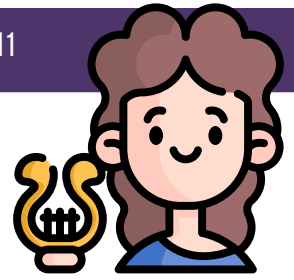
Why was the way his men chose to resist temptation more effective?

**Ulysses saw
the i _____
but his men saw
the t _____**

Give an example of how we could use the approach of walking away when it comes to (a) gossip (b) lust or (c) greed.



HOW TO FACE TEMPTATION MATTHEW 4:1-11



Jason and the Argonauts

How did Jason and the Argonauts resist the sirens, with the help of Orpheus?



As Christians sometimes we are called to put r _____ on ourselves, sometimes we are called to get up and w _____ away. But we are all called to fill our lives with the t _____, the g _____ and the b _____.

READ PHILIPPIANS 4:8

List some practical ways to fill your mind and heart with things like this:



Now Read Matthew 4:1-11



Before Jesus began His great public ministry, He spent forty days fasting and praying in the desert. We read this Gospel at the beginning of Lent to remind us to prepare our hearts for the great season of Easter at the end of forty(ish) days. Lent is a time to focus particularly on prayer, fasting and almsgiving; a time to purify our hearts and minds of anything that is not drawing us closer to Christ, anything that is an obstacle on our path to heaven. Jesus Himself was tempted by the devil with power, with fame, and with satisfying His own material desires, to replace His worship of the Father and doing the Father's will with lesser things. God the Father's plan for Jesus was that He would have His hunger satisfied through doing God's Will, that He would be raised up from the earth and draw all to Him, that He would be recognised as King of kings, Lord of all, and that He would suffer His passion and death in order to bring salvation to the world. When we are tempted, we need to be able to keep the bigger picture in mind: what is God's plan for my happiness? What greater good am I fighting for? There is no temptation we cannot overcome through His grace and strength.



MISSION!

TAKE SOME TIME THIS WEEK TO REFLECT ON HOW YOU DEAL WITH TEMPTATIONS THAT COME YOUR WAY. LOOK ESPECIALLY AT WHAT YOU FILL YOUR HEAD AND HEART WITH EACH DAY: THROUGH THE CONVERSATIONS YOU HAVE, WHAT YOU LISTEN TO AND WATCH, WHERE YOU ALLOW YOUR THOUGHTS TO DRIFT. WHAT NEEDS TO CHANGE? MAKE A CONCRETE RESOLUTION, EVEN JUST TO COMBAT ONE THING!



PRAYER TIME!

Dear Jesus, Thank You for Your constant presence and love in my life. You know what temptations I will face today. You also know that You made me for greatness and for everlasting happiness with You. Show me how to choose You, Your goodness and Your truth and not settle for anything less. Amen.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON CHOOSING THE GOOD



- Jars of Clay: I need Thee every hour
- Brian Doerksen: Today I Choose
- Matt Maher: Lord I Need You
- Maverick City: Communion
- Brian Doerksen: Refiner's Fire
- Housefires: Build my Life
- Robinson/Thomson: Your Will be Done
- Matt Redman: When all is said and done

Click the links for the YouTube videos to listen to some suggestions!



14:49 MINS



Fr Patrick Cahill: How Temptation Works

6:05 MINS



Fr Mike Schmitz: What is the sin of gluttony



CHECK OUT WHAT
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT THE LIFE
OF PRAYER
CCC 2697 - 2699



MATTHEW 17:1-9

"We cannot pray "at all times" if
we do not pray at specific
times, consciously willing it ..."
Catechism of the Catholic
Church #2697

PUT A 3 X 5 IN YOUR DAY!

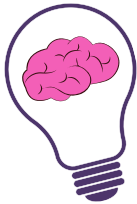
ON A SCALE OF 1 - 10, WHERE ARE YOU AT WITH THESE HABITS / SITUATIONS? (1=REALLY POOR, 10=UTTERLY AMAZING!)

I don't check my phone while in conversation with someone.

1 2 3 4 5 6 7 8 9 10

I get up immediately and never hit the snooze button.

1 2 3 4 5 6 7 8 9 10



I spend time each day in prayer (consistently!)

1 2 3 4 5 6 7 8 9 10

I am an intentional person.

1 2 3 4 5 6 7 8 9 10

I spend time reflecting on the day.

1 2 3 4 5 6 7 8 9 10

A DAILY EXAMEN



The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. It is particularly associated with St Ignatius of Loyola and there are many variations of it. The basic strategy is to become aware of God's presence, review the day with gratitude; pay attention to your emotions; choose one feature of the day and pray from it; look toward tomorrow. Christians are really encouraged to build this practice into their night prayer. Sometimes we need a little help to stay focused throughout the day too though!



WATCH THIS REALLY SHORT VIDEO FROM FR MARK MARY, CFR "[AN EASY WAY TO DO A DAILY EXAMEN](#)" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mark Mary calls his method of the Examen the _____ x _____ Method.

He prays this at midday each day, and keeps a card in his breviary (prayer book) to remind him.

WHAT THREE QUESTIONS DOES HE STOP
AND ASK HIMSELF EVERY MIDDAY?



PUT A 3 X 5 IN YOUR DAY!

MATTHEW 17:1-9

THINK IN PRACTICAL TERMS...

What do you think could be the value in hitting this kind of **pause / reset button** in the middle of your day?



How could you remind yourself to pray this everyday?



Now Read Matthew 17:1-9

It's hard to imagine ourselves at the scene of today's Gospel: Jesus' splendour and glory being revealed, the three apostles being utterly dazzled and amazed, trying to comprehend the events unfolding in front of them; Peter desperately wanting to stay there in that awesome moment! Sometimes prayer comes easily to us and we can feel the presence of God surrounding us. Sometimes it's a lot more difficult and we have to decide to pray because it doesn't come naturally, like a "surge of the heart" as St Therese once called it. Let's not overcomplicate things: What did God the Father tell the three apostles in that scene? *"This is my Beloved Son, listen to Him."* Be in a relationship with Jesus, dialogue with Him. Speak to Him from your heart and allow Him to speak to you too. Actively listen to Him and what He wants to say to you, how He wants to guide you. Because we're busy people it's important to be strategic about this too: we need to be intentional in developing our relationship with Jesus. It's going to be pretty hard to listen to Him if our days are full of noise and busy-ness, rushing here and there, binging on Netflix or Xbox or Spotify.

MISSION!

CARVE SOME TIME INTO YOUR DAY, ESPECIALLY DURING THIS SEASON OF LENT WHEN WE ARE ENCOURAGED TO TURN BACK TO THE LORD THROUGH PRAYER, FASTING AND ALMSGIVING. CHECK OUT THE 3 X 5 EXAMEN IN THIS WEEK'S RESOURCE AND TRY TO BUILD IT INTO YOUR DAY. YOU COULD ALSO SET YOUR ALARM FIVE MINUTES EARLY (AND NOT HIT SNOOZE!) AND BEGIN YOUR DAY WITH A MORNING OFFERING. TUNE YOUR MIND INTENTIONALLY TO GOD EACH DAY, AND YOU'LL SEE THE EFFECTS IN YOUR LIFE!



PRAYER TIME!

Make a 3 x 5 Examen card and place it somewhere you will see it each day (or set a reminder on your phone with it). Get into the habit this week of pausing and asking God:

- What five things can I give thanks for so far today?
- What five things did I not do as well as I could have?
- What five things are coming up that I need God's help with?



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON LETTING GOD BE PART OF YOUR DAY



- Keep me in the moment - Jeremy Camp
- God of all my days - Casting Crowns
- Whatever may come - Jeremy & Adrienne Camp
- Captivate us - Watermark
- God works in a mysterious way - Graham Kendrick
- Waymaker - Leeland
- Christ be all around me - All Sons & Daughters
- Lord I Need You - Matt Maher

Click the links for the YouTube videos to listen to some suggestions!



7:15 MINS

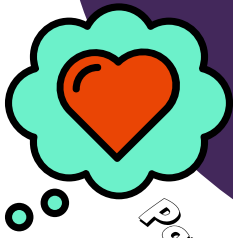


Fr Mark Mary CFR: The Best Way to Get Closer to God

12:33 MINS



Testimony: Rebecca - "I found God cared for me in all my little daily happenings..."



3 X 5 EXAMEN

Pause in the middle of your day to reflect on these questions:



WHAT FIVE THINGS CAN I GIVE THANKS FOR SO FAR TODAY?

1

2

3

4

5

WHAT FIVE THINGS DID I NOT DO AS WELL AS I COULD HAVE?

1

2

3

4

5

WHAT FIVE THINGS ARE COMING UP THAT I NEED GOD'S HELP WITH?

1

2

3

4

5



3 X 5 EXAMEN

- What five things can I give thanks for so far today?
- What five things did I not do as well as I could have?
- What five things are coming up that I need God's help with?



3 X 5 EXAMEN

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3 X 5 EXAMEN

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- What five things did I not do as well as I could have?
- What five things are coming up that I need God's help with?



JOHN 4:5-42

Come, see a man who told me everything I ever did... John 4:29

THE WOMAN AT THE WELL

CAN YOU REMEMBER A TIME WHEN YOU HEARD SOME REALLY GOOD NEWS?
OR WHEN SOMEONE MADE YOU FEEL REALLY GOOD ABOUT YOURSELF?



WATCH THIS CLIP FROM SEASON 1, EPISODE 8 OF "THE CHOSEN" WHICH DEPICTS THE ENCOUNTER BETWEEN JESUS AND THE SAMARITAN WOMAN AT THE WELL (FROM JOHN 4:5-42)



Why is Photina, the woman at the well so shocked that Jesus would ask her for water?

What does Jesus offer the woman at the well, something she finds difficult to understand at first?

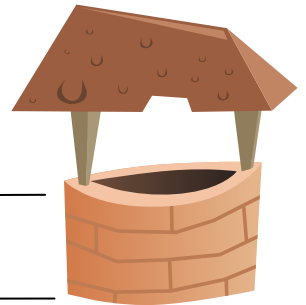
Who does Jesus reveal Himself to be to this woman?

Why does she believe Him? What does he tell her about herself?

Jesus tells her the time is coming when people will worship in s_____ and in t_____.

They will worship with their h_____ and their _____,

Jesus tells His disciples that He has food. What is this *food* He is talking about?



Personal reflection

What is your impression of Jesus in this clip? Does anything surprise you?

How do you react to the character of Photina?



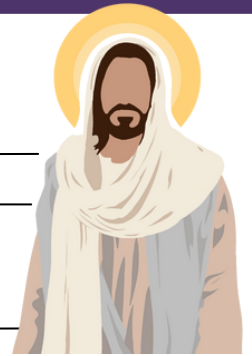
THE WOMAN AT THE WELL

JOHN 4:5-42

OVER TO YOU:

How might you have reacted if you met Jesus at the well?

How might you have reacted if you were the disciples having returned to the well to witness Jesus' encounter?



Now Read John 4:5-42



There's a lot going on in this story: think of the context - a Samaritan woman out at the hottest time of the day because she is an outcast in society. Her life choices have been less than ideal, but here is a woman suffering and alone, dejected and weary. Along comes a Jewish man - the very notion that conversation would happen between them in that kind of cultural context was unheard of: Jews hated the Samaritans didn't they? Not to mind a Jewish male speaking to a female like that. There's a lot of symbolic language that the woman struggles to grasp at the beginning, but by the end of the encounter she is transformed. She knows she is accepted, she is loved, she is cherished. She knows she's being called to more. She knows she has met the Messiah (Jesus revealed this to her first). She knows her life will never again be the same, and she is so full of joy and excitement that her witness converts many in her town. What a beautiful encounter: a real heart meets heart moment. And it's not just for her - it's what Jesus wants with each of us: for us to let down our guard because He sees the real us anyway and loves us. He wants your heart and He's not afraid of the mess. This Lent, remove what you need to to make space for that encounter with Him. You won't regret it.



MISSION!

FIND SOME TIME THIS WEEK TO HAVE AN HONEST CONVERSATION WITH JESUS. YOU MIGHT FIND IT EASIER TO WRITE YOUR THOUGHTS ON PAPER. SPEAK FROM YOUR HEART AND ALLOW YOURSELF TIME TO SIT IN SILENCE AND SEE WHAT KIND OF LIVING WATER HE WANTS TO OFFER YOU TOO. WRITE DOWN ANY THOUGHTS OR IDEAS, OR ANY BIBLE QUOTE OR LINE FROM A LYRIC THAT STRIKES YOU... WATCH OUT FOR WAYS JESUS WILL TRY TO SPEAK TO YOUR HEART THIS WEEK TOO!

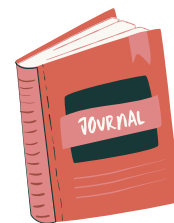


PRAYER TIME!

Some sentence starters to help you have an honest conversation with Jesus:

- Jesus, I don't even know what to start with but....
- Jesus, I'm so worried about...
- Jesus, I'm confused about...
- Jesus, I'm so grateful for....
- Jesus, can you help me with...
- Jesus, are you even real?
- Jesus, thank you for....

**JUST TALK TO HIM LIKE YOU
WOULD TO A FRIEND - WHAT
HAVE YOU GOT TO LOSE?**



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON ENCOUNTERING JESUS



- The Well (Casting Crowns)
- Surrender (Marc James)
- I will Follow (Chris Tomlin)
- Jesus Messiah (Chris Tomlin)
- Heart of Worship (Matt Redman)
- Living Water (Gateway Worship)
- I will offer up my life (Matt Redman)
- Woman at the Well (Olivia Lane)

SHOUT IT OUT!

**COME, SEE A MAN WHO
TOLD ME EVERYTHING I
EVER DID.. JOHN 4:29**

WHO WAS THE SAMARITAN WOMAN AT THE WELL?

- The woman at the well is recognised traditionally as St Photina, whose name means "light".
- Tradition tells us that Photina died a martyr at Carthage, having been a powerful witness to Christ throughout her life, even supposedly converting the daughter of Nero.

Learn more about her here!

<https://catholic.net/op/articles/2819/cat/1205/st-photina.html>

SPREAD THE MESSAGE

The woman at the well shared her personal testimony with everyone she met, and drew crowds of people to believe in Jesus as Messiah.



Henryk Siemiradzki, Public domain, via Wikimedia Commons

WHY DO YOU THINK HER TESTIMONY WAS SO COMPELLING FOR OTHERS?

GO VIRAL!

- If the woman at the well had access to modern means of communication, how do you think she would share her story?
- Choose one form of social media:
Facebook / Instagram / TikTok / Snapchat / YouTube / Blog / Vlog / Twitter / Email
- Imagine the type of message she might have created with this media type.
- Work on your own or in a group to produce this message, using images, text, video, music... whatever fits with your chosen form of social media.
- Re-read the Gospel Passage first: John 4:1-42
- Remember to stay as true as possible to the character of the woman at the well and faithful to the message of the Gospel she shared.





JOHN 4:5-42

CRY OF THE HEART

Come, see a man who told me everything I ever did... John 4:29

*Prayer is the inner bath of love into which the soul plunges itself.
Saint John Vianney*

Reflect

Watch Jesus' interaction with Photina, the Samaritan woman at the well in this clip from Season 1 of The Chosen. Up until this point, her faith in God has been shaky. She feels she has received nothing from Him. After this encounter, her eyes are opened and everything changes for her.



Journal

What prayer do you think Photina would pray from her heart after this encounter? What has she learned about the Messiah, about God's plan for her and for all His people? What way has she now been encouraged to worship and pray? What would she be grateful for? What would she feel she should repent of? What would she ask for God's strength to do now?

God,





WOMAN AT THE WELL WORDSEARCH

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

bucket / Christ / drink / Jacob / Jerusalem / Jesus / Jew / Messiah /
 mountain / Samaria / Samaritan / sixth hour / spirit / thirsty / truth /
 water / well / woman / worship

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 story of the Woman at the Well. Who can explain the most words?





PRAYER MOMENT

Litany of Trust



LITANY OF TRUST



LITANY OF TRUST
MUSIC VIDEO

Written by **Sr. Faustina Maria Pia**
- www.sistersoflife.org

From the belief that I have to earn Your love... Deliver me, Jesus.

From the fear that I am unlovable.... Deliver me, Jesus.

From the false security that I have what it takes.... Deliver me, Jesus.

From the fear that trusting You will leave me more destitute.... Deliver me, Jesus.

From all suspicion of Your words and promises... Deliver me, Jesus.

From the rebellion against childlike dependency on You... Deliver me, Jesus.

From refusals and reluctances in accepting Your will... Deliver me, Jesus.

From anxiety about the future... Deliver me, Jesus.

From resentment or excessive preoccupation with the past... Deliver me, Jesus.

From restless self-seeking in the present moment... Deliver me, Jesus.

From disbelief in Your love and presence... Deliver me, Jesus.

From the fear of being asked to give more than I have... Deliver me, Jesus.

From the belief that my life has no meaning or worth... Deliver me, Jesus.

From the fear of what love demands... Deliver me, Jesus.

From discouragement... Deliver me, Jesus.

That You are continually holding me, sustaining me, loving me.... Jesus, I trust in you.

That Your love goes deeper than my sins and failings, and transforms me.... Jesus, I trust in you.

That not knowing what tomorrow brings is an invitation to lean on You.... Jesus, I trust in you.

That you are with me in my suffering.... Jesus, I trust in you.

*That my suffering, united to Your own,
will bear fruit in this life and the next.... Jesus, I trust in you.*

That You will not leave me orphan, that You are present in Your Church.... Jesus, I trust in you.

That Your plan is better than anything else.... Jesus, I trust in you.

That You always hear me and in Your goodness always respond to me.... Jesus, I trust in you.

That You give me the grace to accept forgiveness and to forgive others.... Jesus, I trust in you.

That You give me all the strength I need for what is asked... Jesus, I trust in you.

That my life is a gift... Jesus, I trust in you.

That You will teach me to trust You... Jesus, I trust in you.

That You are my Lord and my God... Jesus I trust in you.

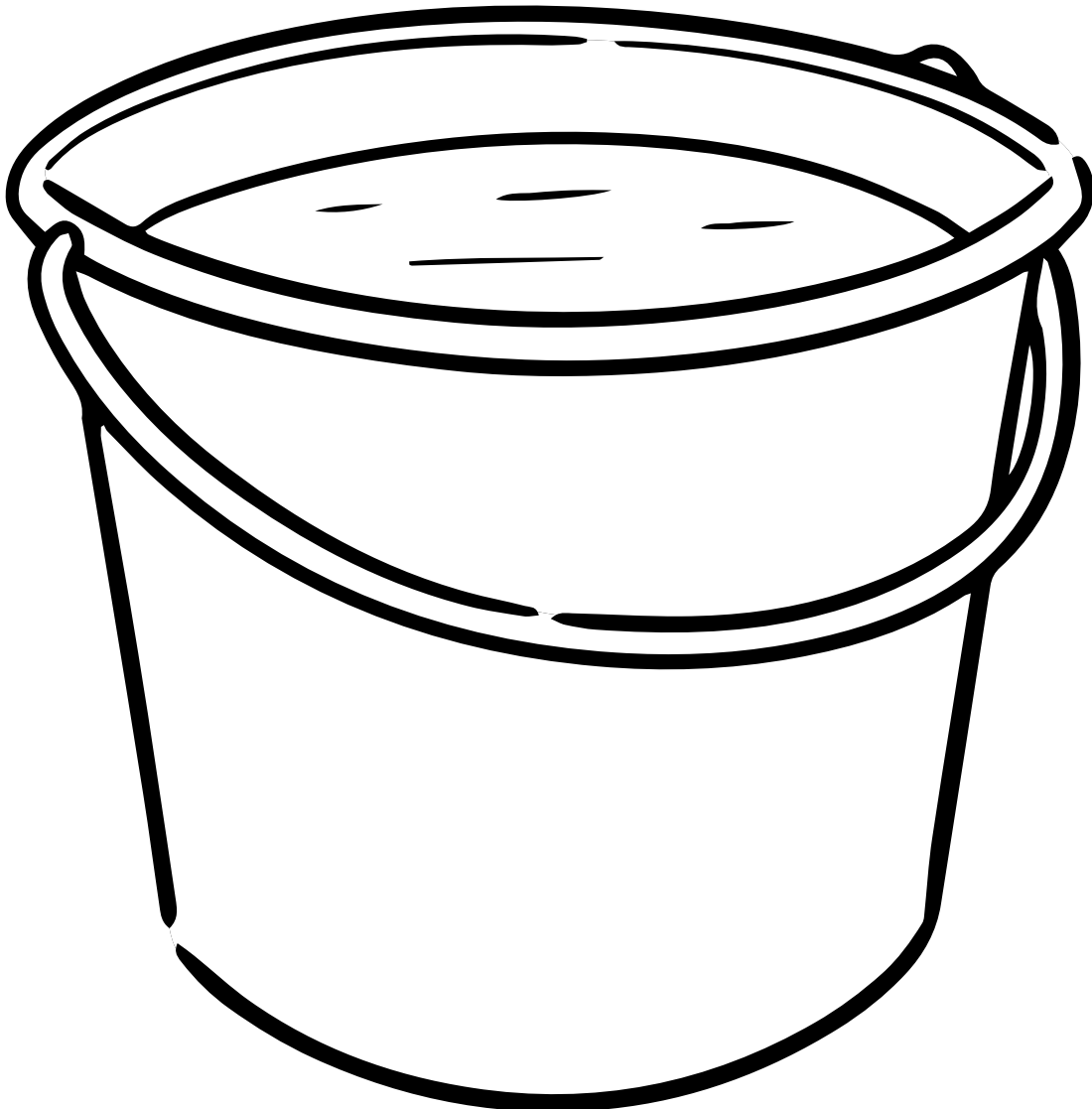
That I am Your beloved one... Jesus, I trust in you.

CRUCIFIX: CHAPEL AT HOLY FAMILY MISSION, GLENCOMERAGH HOUSE



FILL MY HEART

- The *Woman at the Well* was surprised that Jesus offered her water when He had no bucket. She didn't realise He was talking about the life, love, freedom and divine grace He wanted to share with her. She had no idea how much her life would change when she received that Living Water. She couldn't even believe He would want to speak to her.
- Sometimes we can limit what God can do in our lives because we can't fully understand at that moment why we are going through certain situations. We can think God doesn't see us or that God has no interest in our lives.
- What questions do you have for God right now? What difficulties are you facing that you need God to speak into and be present in? He's always present, but we're not always aware of it.
 - ***On the outside of the bucket, write your questions or difficulties or things you are confused about.***
 - ***Then take some quiet time in prayer. Ask God to fill your heart with what you need at this time as you colour in the water in the bucket slowly.***





JOHN 9:1-41

SPIRITUAL BLIND SPOTS

BUT WHO CAN DISCERN THEIR OWN ERRORS? FORGIVE MY HIDDEN FAULTS. KEEP YOUR SERVANT ALSO FROM WILLFUL SINS; MAY THEY NOT RULE OVER ME. PSALM 19:12-13

HAVE YOU EVER HEARD OF A BLIND SPOT IN DRIVING? WHAT DOES IT MEAN?

HAVE YOU EVER SEEN A FLAW CLEARLY IN SOMEONE ELSE THAT THEY COULDN'T SEE IN THEMSELVES?

HAVE YOU EVER BEEN BLIND TO SOMETHING ABOUT YOURSELF THAT OTHERS COULD SEE?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ: "SPIRITUAL BLIND SPOTS" AND ANSWER THE QUESTIONS THAT FOLLOW



What Psalm did Cardinal Newman base his homily "Hidden Faults" on?

What is meant by "unknown faults"? How would you describe this term in your own words?



Fr Mike offers three ways of dealing with spiritual blind spots:



1 Don't _____!

What sins / faults are we called to repent of?



2 Be _____ to blind spots!

How does this analogy work for driving? When do you need to check your blind spots especially?



3 Be _____!

What is our usual initial reaction when someone cuts us off in traffic?

What might actually have happened to cause that?

What do we need to bear in mind about the people who surround us (in spiritual terms)?



SPIRITUAL BLIND SPOTS

JOHN 9:1-41



Being patient with ourselves: I'm only responsible for the things I'm _____ for; I'm only in control of the things I can _____; I'm only aware of the things I am _____ of!

What about our **known** faults and sins?



What might be helpful, do you think, in dealing with our own sins and faults that we know about? How can we practically bring them before the Lord for healing and forgiveness?

Do you find it easy to go to Confession? Why or why not?



Now Read John 9:1-41



It's hard to imagine what life would be like for someone born blind - to never have seen colour or faces, sunsets or smiles; and especially at the time of Jesus to feel so isolated in society. The Pharisees considered blindness or any affliction like that to be a result of sin - either the person themselves or their parents had sinned and lost God's favour.

Jesus didn't think like that. He knew that wasn't God's way, His way. His heart ached for this man's suffering, and He reached out, in a very physical way in this miracle, and healed him of His blindness. Even though He worked a miracle to restore this man's sight, it was not enough for others to believe in Him, to see Him for who He was, who He is: God Incarnate, the Messiah. The man's sight was restored, but the greater joy was his faith: he believed in Jesus and worshipped Him. Those who had seen all their lives could not see with the eyes of their heart: they closed their eyes and ears to the possibility of the Messiah in their midst. They drove the healed man from their presence and rejected the Healer. How desperately sad! Where would we be in this story? Do we feel we need healing, like the blind man? Do we question Jesus' actions? Are we closed to the idea that He can heal, that He is God of my life? Are we afraid to ask the question? Lord, help us to see!



MISSION!

PHYSICAL HEALINGS ARE MIRACULOUS, INCREDIBLE, WONDERFUL! BUT WHAT ABOUT SPIRITUAL HEALINGS? A HEALTHY BODY CAN STILL BE FAR FROM GOD, HIS LOVE AND REAL PEACE. TAKE SOME TIME OVER THE NEXT FEW DAYS OR WEEKS TO MAKE A GOOD EXAMINATION OF CONSCIENCE. ASK THE HOLY SPIRIT TO GUIDE YOU AS YOU TRY TO REMEMBER ANY AREAS OF YOUR LIFE WHERE YOU FAILED IN YOUR RELATIONSHIP WITH GOD, OTHERS OR YOURSELF. FIND OUT WHEN YOUR LOCAL CHURCH HAS CONFESSIONS AND DECIDE TO GO. YOU CAN PRAY FOR THE PRIEST IN ADVANCE TOO! IT'S NOT EASY, BUT IT'S TOTALLY WORTH IT!



PRAYER TIME!

Act of Sorrow:

O my God, I thank you for loving me. I am sorry for all my sins; for not loving others and not loving You. Help me to live like Jesus and not sin again. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON SEEING OURSELVES AND SEEING JESUS



- Miracles (Jesus Culture)
- Open the eyes of my heart (Paul Baloche)
- Amazing Grace [My Chains are Gone] (Chris Tomlin)
- God you're so good (Passion)
- He is Faithful (Brian & Katie Torwalt)
- Nothing is Impossible (Planetshakers)
- Waymaker (Leeland)
- Your Great Name (Natalie Grant)



Making a Good Confession
Fr Mike Schmitz



4:28 MINS

How do I go to
Confession? ODB Films

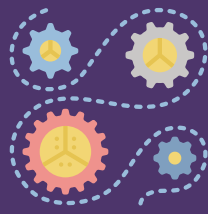


Examination of Conscience
(NET USA)



8:44 MINS

Going to Confession for
the first time in a long time



JOHN 11:1-45

"FOR MY THOUGHTS ARE NOT YOUR THOUGHTS, NEITHER ARE YOUR WAYS MY WAYS," DECLARES THE LORD. ISAIAH 55:9

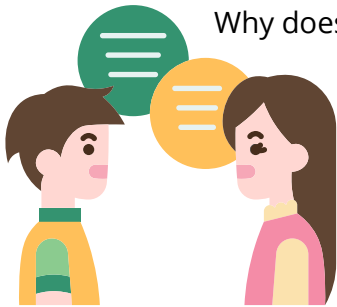
TRUST THE PROCESS

WHEN YOU'RE GOING FOR FOOD, OR PICKING A MOVIE WITH YOUR FRIENDS, HOW EASY DO YOU FIND IT TO CHOOSE?

WHAT CAN BE FRUSTRATING ABOUT THAT PROCESS?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ: "GOD'S WAYS ARE NOT OUR WAYS" AND ANSWER THE QUESTIONS THAT FOLLOW



Why does Fr Mike laugh at the situation he describes between friends trying to choose?

What does he suggest is actually happening in that process when one friend tells another one to choose?

What two reactions can we have to the process?

_____ **OR** _____

Whether we like the process or not, it works!

In what ways can we apply this to how we deal with God?



How can we respond to God like the Nike slogan? ✓ _____



God doesn't just act in this way however. Oftentimes the process is painful, and we find we have to _____ and _____ again and again.

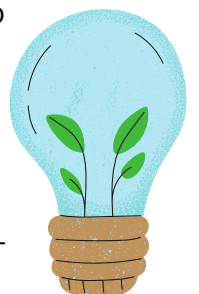
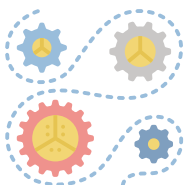
We might have to experience a broken heart in order for God to _____.

We might have to walk through the Valley of the Shadow of Death to realise that God _____.

The process is how God can grow our _____.

What two reactions can we have to this process?

_____ **OR** _____



TRUST THE PROCESS

JOHN 11:1-45



God is not our ATM, or a fortune teller, or a crystal ball.

God is our _____ and He loves us. He's in the process of making us the kind of people who _____.

He allows us to participate in that process. Don't resist.



Now Read John 11:1-45



There's a lot going on in this Gospel that's hard for those involved to understand. Why did Jesus not go straight to Bethany when He heard Lazarus was ill? Jesus stated *"This sickness will not end in death"* and yet Lazarus died. Jesus waited a full two days before He left for Bethany. He told His disciples Lazarus was resting (meaning dead) and He was going to wake Him. Can you just imagine the confusion? Yet that was nothing compared to the confusion and devastation Martha and Mary must have felt that Jesus came too late to heal their brother. But still, in the midst of this chaos and grief, Martha still had full faith in Jesus' ability to do all things. She recognised that He was the Christ. The onlookers had seen Jesus work great miracles, and knew He could have prevented Lazarus' death. So much frustration, grief and even anger and confusion. Then Jesus asks for the stone to be rolled away from the tomb and commands Lazarus to rise from the dead. Trust in the process - God's ways are not our ways. Now Jesus' earlier words about Lazarus' sickness made sense: *"through it the Son of God will be glorified"*. Through the tears and the pain, the doubt and the darkness of the tomb, it was difficult to trust in the process, yet Jesus showed His divinity in a far greater way than if He had simply healed Lazarus of his sickness. This great miracle was to foretell His own death and resurrection. We can only imagine how much the Apostles and disciples of Jesus had to look back on and marvel on after His resurrection when the process started to make sense in light of His Passion, Death and Resurrection!



MISSION!

DO YOU FIND IT DIFFICULT TO TRUST IN GOD AND HIS WAYS? TRY A SIMPLE VERSION OF THE NOVENA OF SURRENDER THIS WEEK. EACH DAY, BRING TO MIND A PARTICULAR AREA OF YOUR LIFE THAT CAUSES YOU WORRY, AND THEN VISUALISE YOURSELF LAYING IT DOWN AT THE FEET OF JESUS, AND TEN TIMES REPEAT THE PRAYER BELOW. ACTIVELY TRUST IN THE PROCESS AND TRUST IN GOD WHO KNOWS ALL THINGS, INCLUDING WHAT IS BEST FOR YOUR LIFE!



PRAYER TIME!

Novena of Surrender Prayer
*Jesus I surrender myself to You,
take care of everything!*

**Click here for
the full 9 Day
Novena of
Surrender**



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON TRUSTING GOD



- Walk by Faith (Jeremy Camp)
- It is well with my soul (Matt Redman)
- Trust You (Aaron Keyes)
- Our God is Able (Hillsong)
- Nothing is Impossible (Planetshakers)
- Waymaker (Leeland)
- Your Promises (Elevation Worship)
- In God we trust (Hillsong)



Healing as a Process: Fr Patrick Cahill



"For my thoughts are not your thoughts"
Teresa from Holy Family Mission



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

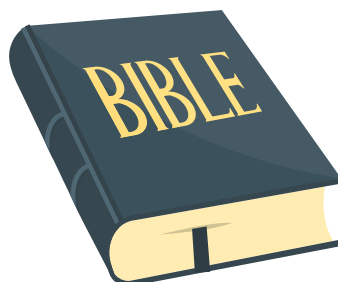


almsgiving
ashes
Ash Wednesday
Catholic
Challenge
Christianity
Cross
death
Easter
enlightenment
fasting
forehead
give up
Good Friday
Holy Week
journey
Lent
lift up
look up
Loved by God
Mass
observance
passion
penance
prayer
preparation
purification
resurrection
sacrifice
sainthood
sign of the cross
stations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





LENT

GIVE
Take
LOOK
LIFT

UP



**Lent comes
providentially
to reawaken us,
to shake us
from our lethargy.**

- POPE FRANCIS -



**"God never tires
of forgiving us;
we are the ones
who tire of
seeking his mercy."**

- POPE FRANCIS -



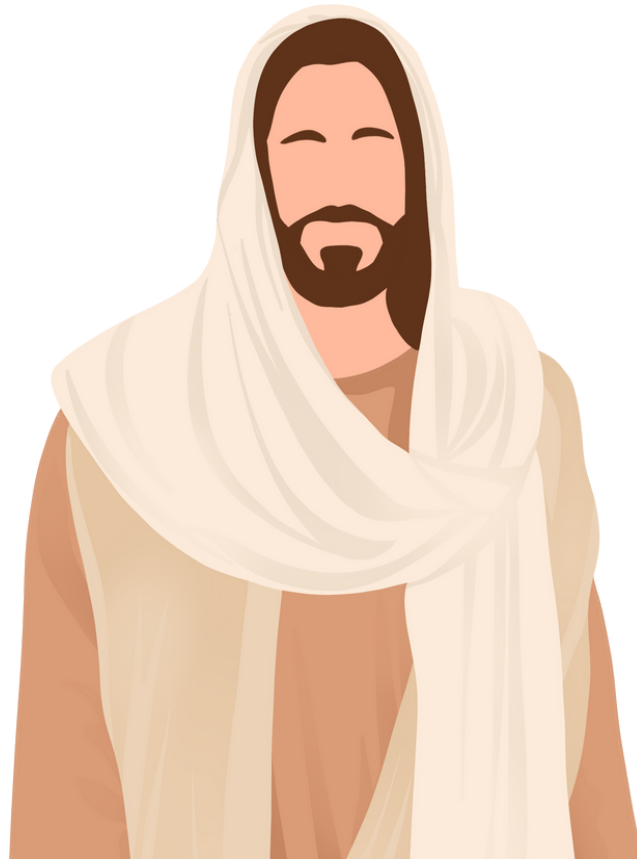
**"During Lent,
let us find
concrete ways
to overcome our
indifference."**

- POPE FRANCIS -



**"Nothing
great
is ever
achieved
without
much
enduring."**

- ST CATHERINE OF SIENA -



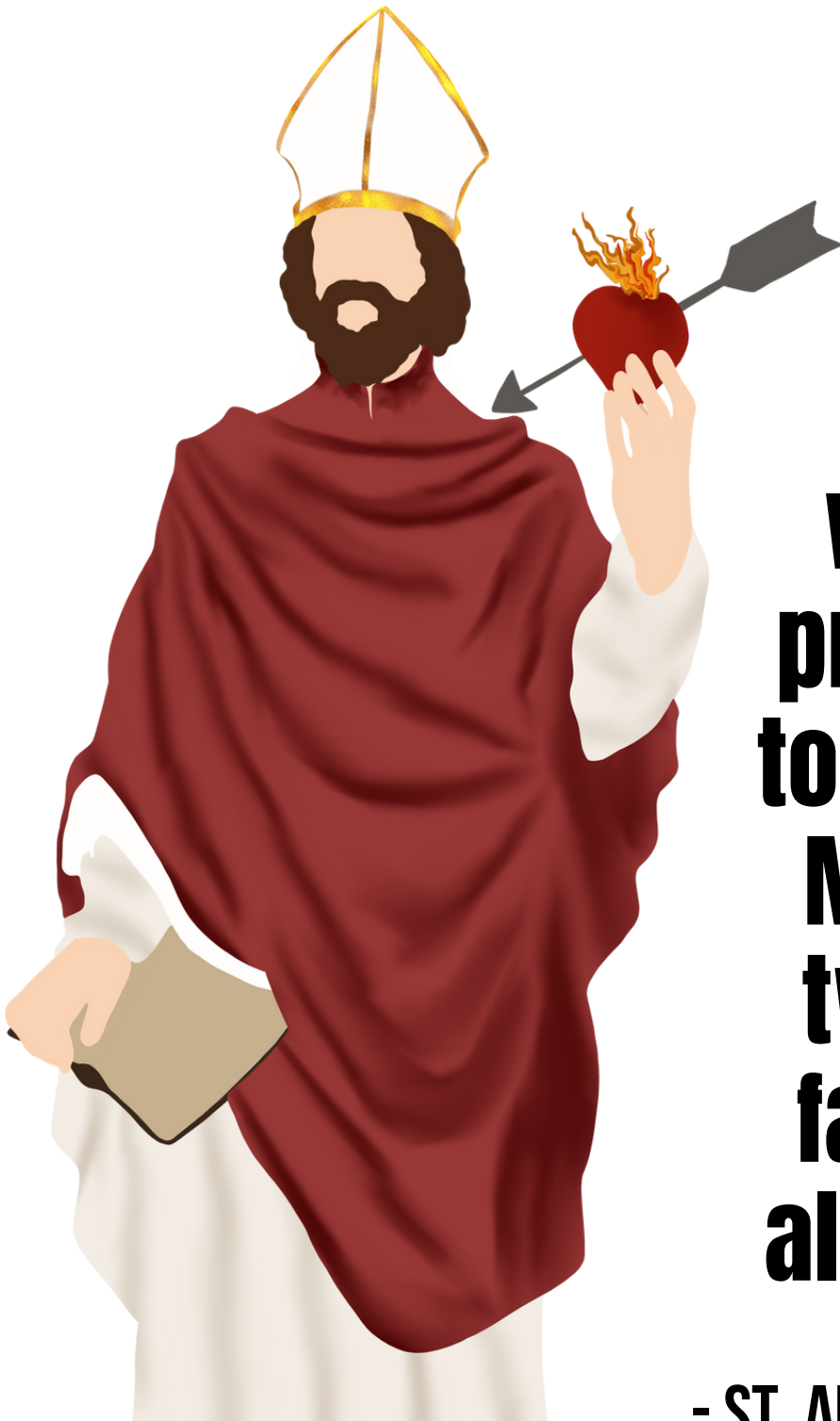
**"Seek a relationship
when you pray,
not answers.
You won't always find
answers, but you will
always find Jesus."**

- FR MIKE SCHMITZ -



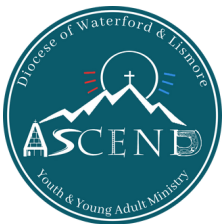
**“You don’t know how to pray?
Put yourself in the presence of God,
and as soon as you have said,
‘Lord, I don’t know how to pray!’
you can be sure
you’ve already begun.”**

- ST. JOSEMARÍA ESCRIVÁ -





**“Do you
wish your
prayer to fly
toward God?
Make for it
two wings:
fasting and
almsgiving.”**

- ST. AUGUSTINE OF HIPPO -



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