

TOTALLY LENT!



A TEEN'S
JOURNEY TO
EASTER 2022



38 Friday after Ash Wednesday

MARCH 4

If the prophet Isaiah were alive today, he would be a rebel. He challenged the leaders of his time for their hypocrisy. His words tell us about the true purpose for fasting.

*Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn....*

« ISAIAH 58:6-8 »



Maybe fasting means giving up ice cream AND putting ice cream money into the Sunday collection. Maybe fasting is giving up a movie with your friends AND spending several hours with your brother or sister. Maybe fasting is helping others AND doing it joyfully.

**Isaiah is calling for us to be authentic—honest—in what we do.
How can you serve others during this Lenten season?**



POINT OF INTEREST

THE ORIGIN of the STATIONS of the CROSS

After the Death and Resurrection of Jesus, early Christians made pilgrimages to Jerusalem to walk the way of the Cross. They traced the journey of Jesus as he carried his Cross through the streets of Jerusalem on his way to be crucified. These pilgrims believed that by walking in his footsteps, they were becoming more like Jesus.

When the Holy Land, including Jerusalem, came under Muslim control, Christians could no longer make pilgrimages to Jerusalem to walk the Way of the Cross. Beginning in the eleventh century, Christian armies tried to regain the Holy Land. This struggle, called the Crusades, lasted for many years.

The Christian soldiers in Jerusalem walked the Way of the Cross, just as the early Christians had. When they returned home, they made miniature statues that represented the steps Jesus took on the way to his Death. Christians would stop at each statue (station) to remember an important part of Jesus' journey. This observance became known as the Stations of the Cross.

In 1742, Pope Benedict XIV set the number of stations at fourteen. Today some churches have added a fifteenth station for the Resurrection of Jesus.



Most parishes celebrate the Stations of the Cross in a community setting. The Fridays of Lent are favorite times for this parish devotion. Try to attend as often as you can this Lent. But you also can pray the Stations of the Cross alone.

Use the next page to pray your own Stations of the Cross.

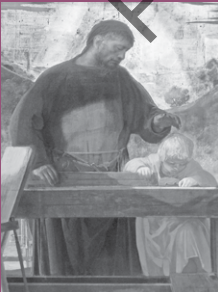
A reflection starter has been given for each station. Feel free, however, to reflect on a different thought that might come to you. The Spirit leads each of us according to our need.

Have you ever had a problem or a situation that you did not know how to handle? If you were lucky, someone came along and said something that gave you a whole new understanding of the circumstances. Saint Joseph found himself in just such a situation.

When [Jesus'] mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit."

« MATTHEW 1:18-20 »

Describe a difficult situation that you have been in. Who was your angel—the person who guided you to a good solution?



Who's Who

SAINT JOSEPH (FIRST CENTURY) sure didn't receive much press! Joseph is mentioned in only two of the four Gospels—Matthew and Luke. It wasn't until the sixteenth century that Christians began to pay attention to him as a model of faith. Finally, in 1870, Pope Pius IX declared him Patron of the Universal Church.



PRAY THE ROSARY TODAY!

If you do not have or cannot borrow a rosary, you can make one. Take a length of cord or yarn and tie knots in the pattern of the beads illustrated here. Use your creativity to fashion a cross.

Pray the Sorrowful Mysteries. These are the last scriptural events of the Lenten season. As you pray the ten Hail Marys for each sorrowful mystery, think about what you know and have learned about that particular event.

The Sorrowful Mysteries

The Agony of Christ in the Garden

(MARK 14:32-36)

The Scourging of Jesus

(JOHN 18:28-40; 19:1)

The Crowning with Thorns

(MARK 15:16-20)

The Carrying of the Cross

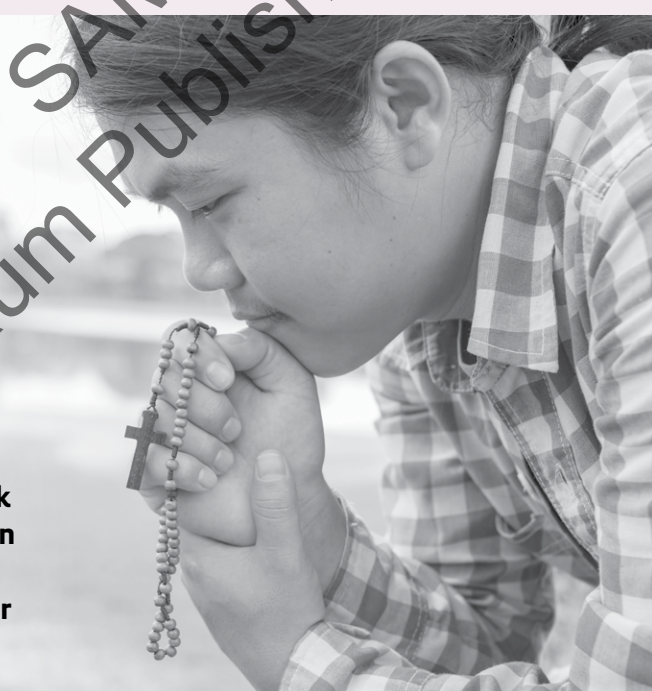
(JOHN 19:14-17)

The Crucifixion and Death of Jesus

(LUKE 23:33-34; 39-46)

**NOT
FEELING
TOO
CONFIDENT?**

Invite someone to join you or join a friend or family member for whom the rosary is an important devotion. Or, check your parish bulletin for times when parishioners gather to pray the rosary.



3

Holy Thursday

APRIL 14

At the first Passover, God gave specific instructions to his People in order to protect them from the final plague that would win their release from bondage in Egypt. The event told in ancient Jewish Scripture foreshadowed the sacrifice of Jesus that would save humankind.

This is how you are to eat it: with your loins girt, sandals on your feet and your staff in hand, you shall eat like those who are in flight. It is the Passover of the Lord. For on this same night I will go through Egypt, striking down every firstborn of the land, both man and beast, and executing judgment on all the gods of Egypt—I, the LORD! But the blood will mark the houses where you are. Seeing the blood, I will pass over you; thus, when I strike the land of Egypt, no destructive blow will come upon you.

« EXODUS 12:11–13 »

What do you think
God is calling
you to do?

DO YOU KNOW

WHAT'S ON THE MENU FOR A PASSOVER FEAST?



- **ROAST LAMB**—to remind the Jewish people of the lambs slaughtered so their blood could be sprinkled on the doorposts of their homes
- **UNLEAVENED BREAD**—as a reminder that as the Jews rushed to escape Egypt, they didn't have time to let their bread rise
- **BITTER HERBS**—to remind Jews that their experience was at times bitter
- **WINE**—to celebrate the good times in the Jews' relationship with God