

TOTALLY LENT!



A TEEN'S
JOURNEY TO
EASTER 2025





TOTALLY LENT!

A TEEN'S JOURNEY TO EASTER 2025

CHRIS BROSLAVICK

AND

TONY PICHLER

PfLAUM
PUBLISHING GROUP

A division of Bayard, Inc.

Edited by Karen Cannizzo and Steve Paradis

Design by Jeff McCall

Cover photo: ©Shutterstock.com / Jacob Lund

Many of the Scriptures in the activities are paraphrased. Direct Scripture quotations contained herein are from the *New Revised Standard Version Bible: Catholic Edition* ©1993 and 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A. Used by permission. All rights reserved. This translation is approved for use by the United States Catholic Conference of Bishops (USCCB) for private use and study by Catholics..

© 2025 Pflaum Publishing Group, a division of Bayard, Inc.

All rights reserved. No part of this text may be reproduced in anyway or for any use without the written permission of the publisher.

Pflaum Publishing Group

500 Salisbury St.

Worcester, MA 01609

800-543-4383

pflaum.com

Lent is a time for prayer, fasting, and almsgiving. Almsgiving? We understand alms as charity, assistance, gifts for the poor, donations, contributions, or offerings. Basically, almsgiving means doing good for others. Jesus has something to say about HOW to do that.

“So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.”

« MATTHEW 6:2-4 »

Give alms today “in secret.” Do good for someone. Then write about your experience. Or, write out your promise to give alms.

DO YOU KNOW

WHY THERE ARE FORTY DAYS IN LENT?



Why not fifty? Why not ten? The number forty had special meaning for the Jews of Jesus' time. When Moses led the Israelites out of Egypt, they camped out for forty years in the desert. This period of trial was seen as a time of preparation to enter the Promised Land. Jesus prepared to enter his public ministry by fasting for forty days and forty nights. And we have the forty days of Lent to prepare for Easter.

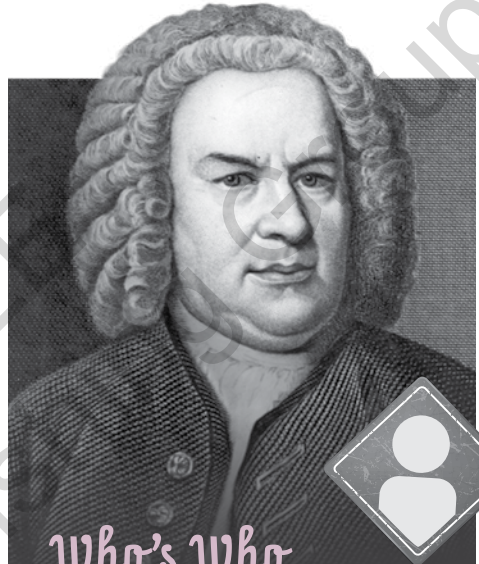
There are many ways to pray. Do you remember who taught you your first prayer? Can you still recite it?

Jesus taught his friends this familiar prayer, which we know as the Our Father, or the Lord's Prayer.

**“Our Father in heaven,
hallowed be your name.
Your kingdom come.
Your will be done,
on earth as it is in heaven.”**

[MATTHEW 6:9-10]

Say the rest of the prayer aloud.
In the Our Father, what is Jesus
telling us about God?



Who's Who

Do you play in the school band or sing in the school or church choir? If the answer is yes, then **JOHANN SEBASTIAN BACH** (1685-1750) is a Christian whose life might be music to your ears. Like many other musicians of his era, Bach was a church organist whose religious faith influenced the music he composed. He composed thousands of musical works. Two of his most famous are The Passion of St. Matthew and his Mass in B Minor.

Think of a time when you did something wrong. Do you remember practicing in your head what you would say or do to make it right? And then do you remember NOT doing it because you were afraid that you would be scolded, lectured, or punished—not forgiven?

In the story of the prodigal son—a guy who messed up badly—Jesus tells us how God waits to forgive us.

*So he set off and went to his father.
But while he was still far off, his father
saw him and was filled with compassion;
he ran and put his arms around him
and kissed him. Then the son said to him,
“Father, I have sinned against heaven and before
you; I am no longer worthy to be called your
son.” But the father said to his slaves, “Quickly,
bring out a robe—the best one—and put it on
him; put a ring on his finger and sandals on his
feet. And get the fatted calf and kill it, and let us
eat and celebrate; for this son of mine was dead
and is alive again; he was lost and is found!”
And they began to celebrate.*

[LUKE 15:20-24]



**AWESOME, ISN'T IT? THINK ABOUT WHAT
IT MEANS TO BE FORGIVEN LIKE THIS.**

For what words or actions do you want forgiveness? How can you ask for that forgiveness? You may still have to accept the consequences of your thoughts or actions, but you can be sure that God will “celebrate” your repentance.

The people of Israel strayed from God. They worshipped idols and oppressed the poor. Through the prophet Hosea, God reprimands his people.

**It is I who answer and look after you.
I am like an evergreen cypress;
your faithfulness comes from me.
Those who are wise understand these things;
those who are discerning know them.
For the ways of the LORD are right,
and the upright walk in them,
but transgressors stumble in them.**

[HOSEA 14:8-9]



What Teens Say

“Lent is a time for me to reflect on my life. Every Sunday my family chooses someone to pray the rosary for. During Lent I am very motivated to be kind and generous because I feel if Jesus can give his life for me, then I can do anything I set my mind to do with God’s help. Although it is hard waiting for Lent to end, celebrating Easter is worth it.”

➔ CAITLIN, 13

To whose voice are you listening?
How is a caring person encouraging
you to be your best?

Handwriting practice area with a dotted line at the top and several horizontal lines for writing.



POINT OF INTEREST

EXPERIENCE

a 13TH-CENTURY CATHOLIC DEVOTION

Can you imagine eating a plate of spaghetti without a fork? How about writing a paper for English class without paper, a pen, or a computer? We use many objects or tools every day to make life easier.

We also use many aids to help us pray—the Bible, images of Jesus, and journals like this one. Another aid that you probably have seen, and maybe even used, is the rosary.

The rosary is a string of beads, which are grouped into five sets (decades) of ten beads; each set is separated by a single bead. A crucifix and a small set of beads (1-3-1) connect the ends of the string, forming a loop.

The five sets of beads represent different “mysteries,” or events, in the life of Jesus. As you pray with each set of beads, you reflect on one of these events. A total of twenty events are divided into four groups. The Joyful Mysteries recount the events from the angel announcing that Mary would be the mother of our Savior to the finding of Jesus in the Temple. The Mysteries of Light, or Luminous Mysteries, recall spe-

cial times in Jesus’ adult life—his Baptism to the first Eucharist. The Sorrowful Mysteries recall the suffering and Death of Jesus. The Glorious Mysteries recall events from the Resurrection to the crowning of Mary in heaven.

So, how **DO** you pray the rosary?

1. Make the Sign of the Cross.
2. While holding the crucifix, recite the Apostles’ Creed.
3. On the first bead, pray the Our Father.
4. Pray the Hail Mary on each of the next three beads.
5. Pray the Prayer of Praise (Glory Be).
6. Name the mystery—for example, The Agony in the Garden.
7. Pray an Our Father on the next bead.
8. Pray the Hail Marys on the next ten beads.
9. Complete the decade by praying the Prayer of Praise.
10. Repeat steps 6 through 9 for each mystery in the group.

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.



Did you ever hear the phrase, “to add insult to injury”? The inscription that Pilate put on the Cross was intended to make fun of Jesus—to add insult to injury.

So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. Pilate also had an inscription written and put on the cross. It read, “Jesus of Nazareth, the King of the Jews.”

« JOHN 19:16-19 »

Look at a crucifix. See Pilate’s inscription abbreviated in the initials **INRI** (I for Jesus, N for Nazareth, R for Rex or King, I for Jews).

Who’s Who

On Good Friday in 1945, **DIETRICH BONHOEFFER** (1906-1945), a German theologian, suffered a fate similar to that of Jesus. Bonhoeffer had been arrested for helping Jews to escape the Nazis. He was sent to prison and eventually to a concentration camp. There, on April 9, he received a message that stated, “Prisoner Bonhoeffer, get ready and come with us.” He said to a fellow prisoner, “This is the end, for me the beginning of life....” He was hanged, as were other members of his family who had also taken part in the rescue of Jews.

What title or initials would you have inscribed on the Cross?

Continuing *the* Journey

Lent has been a time to pray, do good works, reflect, and build your trust in God. Although the Lenten season ends with Easter Sunday, the Easter season continues for fifty days, ending with Pentecost Sunday.

Continuing to build on the habit of daily prayer and reflection is an excellent way to celebrate the Easter season. Use the calendar on this page and the next to note a Scripture verse you read or a good work you do or any other activity you take part in that brings you closer to God these next fifty days.



APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	21	22	23	24	25	26
Easter Sunday						
27	28	29	30			