

TOTALLY LENT!



A TEEN'S
JOURNEY TO
EASTER 2023



Here's an interesting example of an if-and-then statement: If you take care of your feet, then your feet will take care of you.

Highlight or underline the if-and-then statement in this passage from Isaiah.

**If you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday**

[ISAIAH 58:10].

God cannot be outdone in goodness and generosity. How have you experienced God's goodness? Count your blessings. Begin by listing some here.

WHAT TEENS SAY

"Prayer to me is a powerful and mysterious thing. I think prayers at one time or another or in any shape or form are always answered." ➔ NAKITA, 17



THE ROSARY

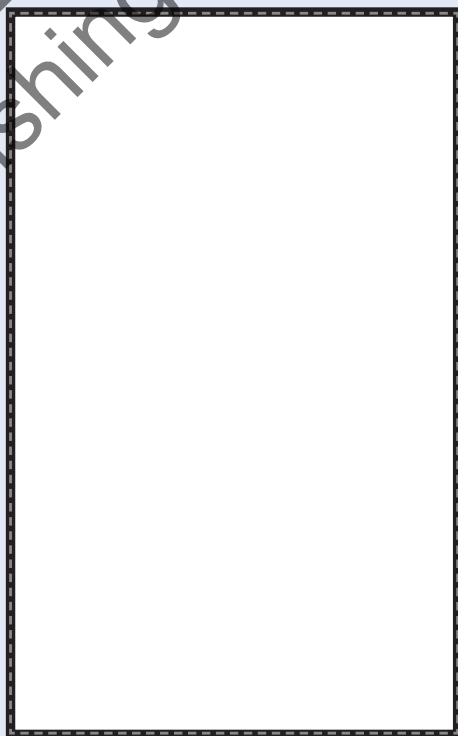
The Rosary is a prayer form that you can touch and feel. It is a string of beads grouped into five sets of ten beads separated by a single, usually larger, bead. Each set of ten is called a decade. A cross and a small set of beads (1-3-1) connect the ends of the string forming a loop.

Each decade represents a different mystery, or event, in the life of Jesus. As you pray each decade, you reflect on one of these events. Twenty events from Jesus' life are divided into four groups of mysteries, and they follow Jesus' life as it unfolded.

HOW TO PRAY THE ROSARY

Create a symbol, or icon, that represents the Rosary to you.

1. Begin with the Sign of the Cross.
2. Hold the cross of the rosary and pray 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 Hail Marys on the next ten beads.
9. Complete the decade by praying the Prayer of Praise (Glory Be).
10. Repeat steps six through nine for each mystery in the group.



A big part of reaching any goal is your willingness to do what it takes to achieve it. Wishing is not enough; effort is a necessary ingredient.

Jesus saw a man who had been sick for thirty-eight years. Jesus asked the man, “Do you want to be made well?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.” Jesus said to him, “Stand up, take your mat and walk.” At once the man was made well, and he took up his mat and began to walk [JOHN 5:6-9].

Jesus recognized the effort the sick man was making to become well, and he cured the man.

What goal are you pursuing? What effort are you making to reach your goal? What role does Jesus have in your goal?





The Jews prepared to stone Jesus, who asked them, “For which of the good works from the Father that I have shown you are you going to stone me?” They told him they were going to stone him because of his blasphemy, claiming that he was God. Jesus answered them, *“If I am not doing the works of my Father, then do not believe me. But if I do them, even though you do not believe me, believe the works, so that you may know and understand that the Father is in me and I am in the Father”* [JOHN 10:37-38].

Jesus was very clever—as you would expect God to be! He did not respond to the Jews by defending his God-nature. Rather, he led them through a reasoning process whereby they could only conclude that Jesus and the Father are one.

How would you explain Jesus' words,
“The Father is in me and I am in the Father”?

WHAT TEENS SAY

“I pray in many different ways, but the way that fills my soul is contemplative prayer. When I pray this way, I feel connected to the entire universe.”

➔ SOPHIE, 17



Easter Season Prayer Log

As you journeyed through Lent, you kept a prayer journal. You created a symbol for each prayer form explored in this book. Now, for each of the fifty days of the Easter season, practice the new forms of prayer you’ve learned.

On this page and the next, mark the date with the symbol you created for whatever prayer form you choose that day. After Pentecost—the celebration of the Holy Spirit’s coming to the Apostles—continue to record your daily prayer experiences on your own calendar. Make prayer a part of every day. Make prayer a part of each day until Lent begins again!

APRIL / MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 <i>Easter</i>	10	11	12	13	14	15
15	17	18	19	20	21	22
23	24	25	26	27	28	29
30 <i>May</i>	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20