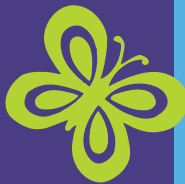


TOTALLY LENT!



A TEEN'S
JOURNEY TO
EASTER 2019





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Chris Broslavick and Tony Pichler

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ABOUT THE AUTHORS

Chris Broslavick is a Racine Dominican and currently serves as the congregation's Director of Sponsored Ministries. She holds an Education Specialist Degree from Northern Michigan University, Marquette, MI, and a master's degree in teaching from Siena Heights University, Adrian, MI.

Tony Pichler is the Director of the Norbertine Center for Spirituality at St. Norbert Abbey in De Pere, WI. His books include *Totally Lent* as well as *Confirmed in the Joy of the Spirit*. He holds a bachelor's degree in theology from St. John's University, Collegeville, MN, and a master's degree in theological studies from St. Norbert College, De Pere, WI.

Totally Lent! is also available for the primary and intermediate grades. *Totally Lent! A Child's Journey to Easter 2019* is written for children in primary grades. *Totally Lent! A Kid's Journey to Easter 2019* is for youth in the intermediate grades. All are available from Pflaum Publishing Group.

INTRODUCTION

Did you ever make a **JOURNEY?**

Maybe you took a trip to your grandparents' house, to your state capitol, to the mountains, or to the beach? Did any of these trips change your beliefs, your attitudes, or how you treat other people? Perhaps you learned something new or got a new insight into something or someone.

Write a few words about a journey you took. Then describe how you think you changed from having been on that journey.

Now you are about to begin a Lenten journey that also might change you. Usually, travel involves planes, trains, or automobiles. But for this journey, a pen will be your primary vehicle. And this Totally Lent journal will serve as a map to guide you through the forty days of Lent—from Ash Wednesday to Easter.



Each day of Lent you will read a passage from the Scripture readings for the day, think about what the passage means in your life, and write your response to a related question.

This Lenten journey includes side trips. Watch for these signs and be sure to follow them to enrich your journey.



Do You Know?



alerts you to a mini lesson about the people and places of the Scriptures or about the teachings of the Church.



Who's Who?

signals a story of a great Christian who has traveled down this road before you.

Point of interest



calls attention to markers along the way that help you experience Lenten practices, both traditional and not-so-traditional.

What you need for the journey

A runner needs discipline and encouragement to run the 26.2 miles of a marathon. You will need discipline to endure the forty days of Lent. Discipline comes from a great desire to be the very best you can be.

You may also need encouragement as you journey through Lent. Don't be afraid to ask others to hold you to the discipline of reading the Bible verse and writing each day. Or, better still, find someone who can journey and journal along with you—a parent, friend, teacher, brother, or sister.

READY?

The journey and the countdown to Easter begins now.



ASH WEDNESDAY

— March 6 —

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 »



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.

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