



TOTALLY LENT!

A TEEN'S JOURNEY TO EASTER 2020

CHRIS BROSLAVICK

AND

TONY PICHLER

PfLAUM
PUBLISHING GROUP



Edited by Steve Paradis

Designed by Jeff McCall

Cover image: ©iStockphot / Chat Karen Studio

Where appropriate, this text reflects the language
of the *Roman Missal, Third Edition*.

Scripture quotations contained herein are from the *New Revised Standard Version Bible: Catholic Edition* copyright © 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 of the Bible is approved by the United States Conference of Catholic Bishops.

© 2020 Pflaum Publishing Group, a division of Bayard, Inc.
All rights reserved. No portion of this text may be reproduced in any way or for any use without written permission of the publisher.

Pflaum Publishing Group
3055 Kettering Blvd.
Dayton, OH 45439
800-543-4383
pflaum.com

ISBN 978-1-947358-12-6

INTRODUCTION

What do you want to do when you grow up? You have most likely heard that question many times— from parents, teachers, and others.

A better question might be: What is God calling you to do and to be? How can you use the gifts and talents God has given you in service to others?



Go ahead, take a minute to write down what you feel God is calling you to do with your life.



These are your responses today. How will you continue to figure out, or discern, what God wants you to do with your life? The answer is prayer, communicating with God. Just as communication between two friends can take many forms—a phone call, a text message, an email, a letter, or a face-to-face conversation—our communication with God also can take many forms.

INTRODUCTION

In this book, you will learn about many ways to talk with God, some more familiar than others.

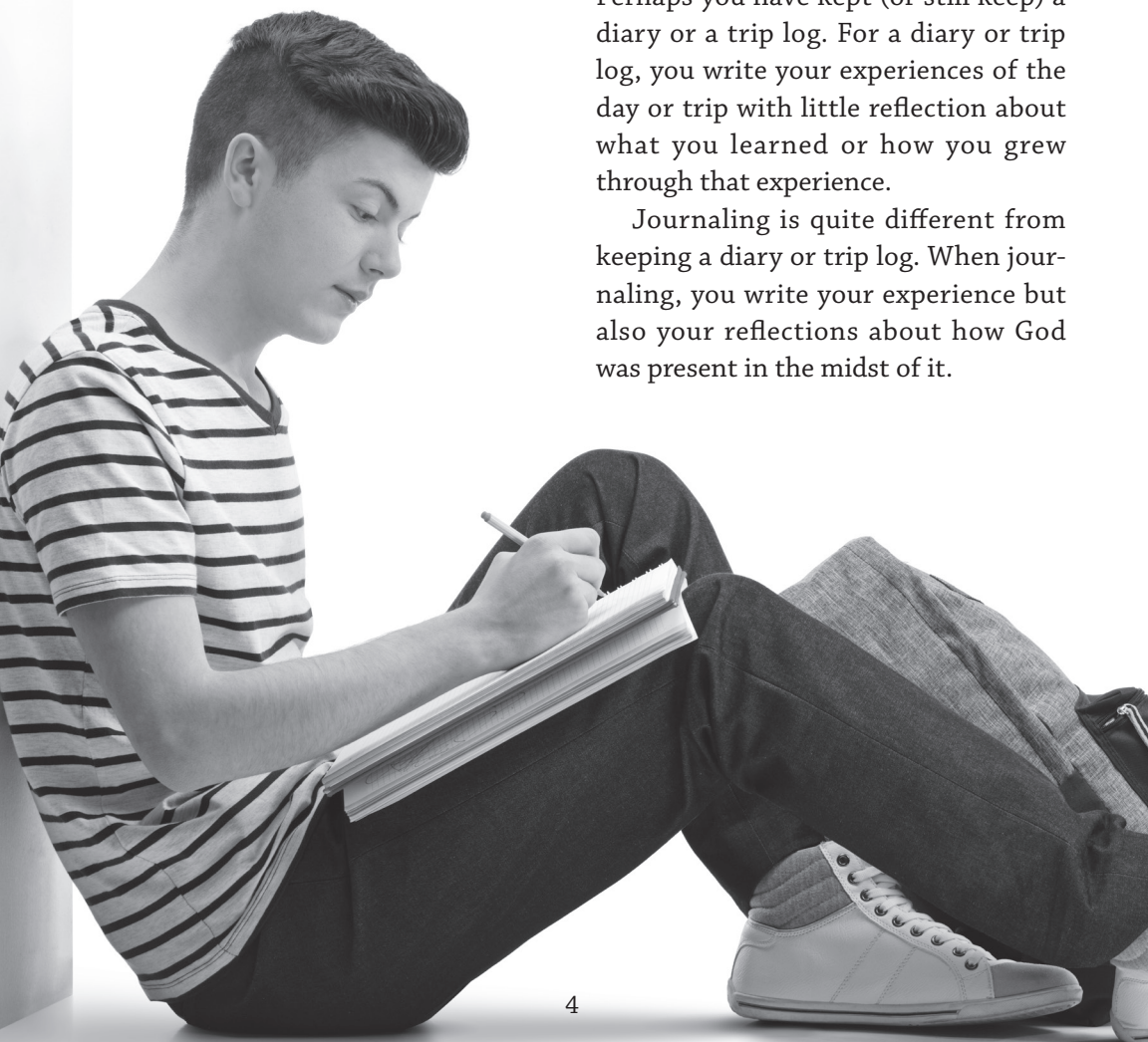
You will look at each of these forms of prayer:

- *lectio divina*, an ancient prayer form developed by Benedictine monks

- the Jesus Prayer, introduced in Russia a long time ago
- the labyrinth, a prayer of movement developed in Ireland
- the Rosary, Mass, and faith sharing

The prayer form, however, that underlies this entire book is journaling. Perhaps you have kept (or still keep) a diary or a trip log. For a diary or trip log, you write your experiences of the day or trip with little reflection about what you learned or how you grew through that experience.

Journaling is quite different from keeping a diary or trip log. When journaling, you write your experience but also your reflections about how God was present in the midst of it.



This book will offer various ways to help you reflect on your experience with God.

You will:

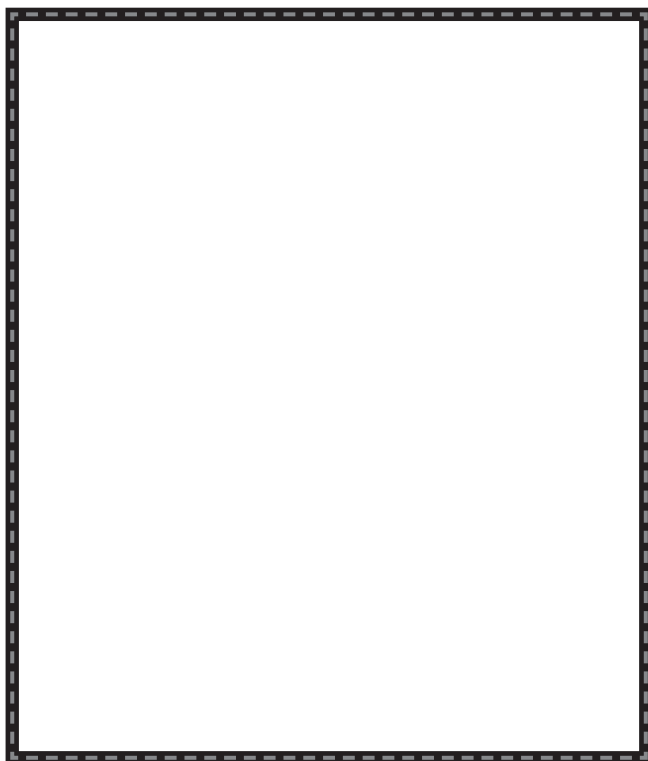
- read and reflect on Scripture
- learn about the experience of other young people who find different ways to talk with God
- experience new ways to pray
- journal your thoughts

So, get ready for a journey of discovery. When you begin to see your relationship with God as a conversation, you never know what you—or God—will say. You just might discover what you are called to do and called to be.

*Enjoy
the trip!*

**You'll be asked
to create a
symbol, or icon,
for each prayer
form described
in this book.**

**Use this space
to draw an image
that represents
journaling
for you.**





In India, manufacturers make a car called the Ambassador; it takes people from one place to another. The Ambassador Bridge spans the Detroit River; it takes people from the United States to Canada. The U.S. government sends ambassadors to other nations to carry messages and create goodwill between the countries.

When Paul wrote to the people of Corinth, he said: *So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God*

[2 CORINTHIANS 5:20].



Studying the Scriptures can transport you from one level of understanding God to another.
It can be a bridge from your heart to God's heart.

Anyone who believes can carry the good news. During this Lenten season, how will you be an ambassador for Christ?

Jesus said to his disciples, “If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it” (Luke 9:23–24).

And you think your parents or coaches or teachers ask too much of you! Jesus asks even more!

Think of someone in your life who expects the most and the best from you. Can you secretly admit that you love and respect that person for seeing the possibilities in you?

An expectation is an invitation. What is your response to Jesus’ invitation to follow him?

WHAT TEENS SAY

*“I seek God to be my companion,
and when I pray, God is like a
friend lending an ear to listen.”*

➔ JENNIFER, 18



The prophet Isaiah talks about the spirit of fasting.

Is not this the fast that I choose . . .

to share your bread with the hungry,

and bring the homeless and 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].



Fasting—limiting food intake—builds your self-discipline. You benefit from your efforts. When you give the money that you saved by fasting to a charitable cause, others benefit from your efforts.

In what ways can you make sure that others benefit from your Lenten fasting?

Be as specific as possible.

DID YOU KNOW?

This symbol  at the top of the page is a reminder that Catholics 14 years of age and older are obliged to abstain from meat—not eat meat—on Ash Wednesday and all Fridays of Lent. Catholics from the age of 18 to 59 are also obliged to fast on Ash Wednesday and Good Friday.