

Lent

During Lent, the six-week period of preparation for Easter, the Church prepares for the great gift of Jesus' resurrection and our rescue from sin. A great part of the mystery of Christianity is not just Jesus' suffering, death and resurrection, but your own as well. When one does penance and sacrifices something for another person, the sinful part of him or her dies, in a manner of speaking. Through the penance of Lent we die to our old selves and rise to become new and holier people. We take part in the preparation for Jesus' resurrection through penance, which includes prayer, fasting, and almsgiving. This means praying more often, giving up meat on Fridays, and freely giving to others. This is the paschal mystery at work in your life.

On the lines connected to the base of the tree on the next page write down those things that you wish to change about yourself—cheating on tests or lying to your parents for example. On lines connected to the trunk of the tree write down your penance. On the lines connected branches, write down how you wish to be at Easter time—joyful, merciful, happy and so on. When you have completed this, you may color it if you would like, then hang it somewhere visible to remind you of your Lenten goals.

Prayer

Merciful God,
On this Lenten journey, give me the courage to make a change.
Help me to show mercy for others and love generously.
Transform my heart so that I may know the joy of Easter.
I ask this in Jesus' name, Amen.

