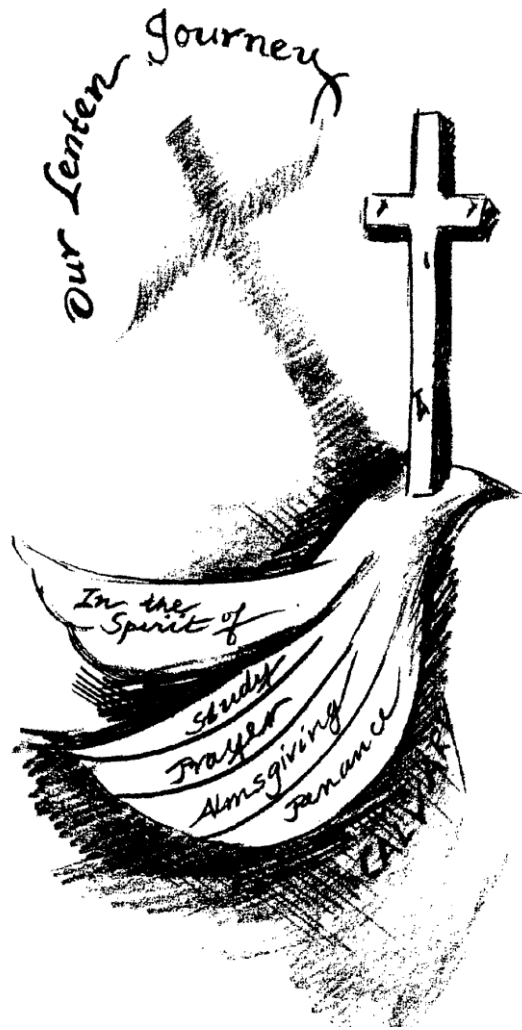


LENTEN JOURNAL



*St. Ignatius Loyola
Confirmation Class 2010*

*Directions Only
Assignment should be completed on
separate paper or in a notebook.*

Begin journaling on Wednesday, February 17, 2010

My Lenten Journal

All life is a journey - from Birth to Death, from Baptism to the Promise of Eternity. We have choices; we must walk on our own journey. The choice is not will we but how will we walk this journey?

Lent is just one garden along the way. Yes, Lent is a garden. A lush, full flowering garden filled with its own scents, brooks, trees and flowers. Lent is a garden not unlike the garden where Jesus and His disciples spent the night after partaking of the Last Supper, in the Garden of Gethsemane.

You are masters of your own journey through the garden. You may choose to be kind to someone who needs kindness; you may choose to learn through sacrifice and prayer. You may also choose to do nothing. It is about free will. You could offer hope in a time of someone's despair, or add to their frustration...Only you can decide where you are on your Lenten Journey.

CONFIRMATION CLASS - LENT 2009-Guidelines

Entry sheets are to be written or typed on paper or in a notebook, and submitted with this booklet, in a folder, binder, plastic cover, etc.

Journal entries may be handwritten or typed. They are to be neat, legible, and well-written. Your journal should follow these guidelines:

- Include a cover page with your name and your teacher's name.
- Identify each new week with the numbered week of Lent.
- Include the date for each entry. Make sure you have answered ALL entries.
- Entries are to reflect your feelings and thoughts on the daily topic and should be serious, personal and honest.
- Entries are to be considered a private reflection and confidentiality will be kept.
- Make sure you have a Bible to use for certain entries.
- Topics such as the Works of Mercy, Ten Commandments and the Beautitudes can be found in your book or red folder materials. If you have questions ...**ASK!**
- Journals will be collected as part of your Confirmation Preparation project. They will be collected the first week after Easter.

REFLECTION:

Reflection means to take some quiet time. Think about what you are reading or hearing or seeing or feeling. Then think about what this means TO YOU, now, in this time and place.

JOURNAL ENTRIES BEGIN HERE

Ash Wednesday - How do I feel about Lent? How does Lent affect me?

When I listen to people talk about Lent, do I feel like what they are saying has anything to do with me or my life? Why? or Why not?

Thursday after Ash Wednesday - How did the "ashes" really make you feel yesterday? Or didn't they?

Friday after Ash Wednesday - Do not eat meat? What does this have to do with anything? Did you abstain from meat on Ash Wednesday? (Did you forget or know to abstain?)

Saturday after Ash Wednesday - Do something for someone else without them knowing about it. What did you do? How did this make you feel?

First Week of Lent (You will need a Bible this week)

First Sunday of Lent - Do something special for yourself. What did you do? How did this make you feel?

Monday - Take five to fifteen minutes and do nothing - hear, see, think, do nothing. Just relax and let the world disappear. Then write something good about yourself.

Tuesday - Read Leviticus 19:1-18 from the BIBLE - Choose one (1) verse, Copy the verse neatly on your paper. Reflect on how you can take this message to heart during this Lent. Briefly describe what you might do.

Wednesday - Read Matthew 25:31-46. Explain what verse 45 means to you.

Thursday - Re-read Matthew 25:31-46
Respond: Is it easier for you to be the "doer" of the Works of Mercy or to be the "receiver"?
Explain why.

Friday - Write your thoughts on accepting what God and Life hand to you.

Saturday -
Write the Third Commandment (Use your Prayer Book or red folder prayers; using a website will give you the Protestant order of commandments).
Reflect on the third Commandment (from the Catholic order.)
How does the third Commandment apply to you?

Second Week of Lent

Second Sunday of Lent - Do one thing to keep the Lord's Day Holy. What did you do? Write one good thing Jesus might say about you today.

Monday - Read Matthew 27:31-35. What "Cross" in life do you have to carry? What is the most Difficult thing that you have to do? Write about it in your journal. Surrender to the Will of the Father. Let the Father carry your burden/ your cross. Be now free!

Tuesday - Refer to the Corporal Works of Mercy (red folder) Read about 'Shelter the Homeless.' Reflect on this. How can you 'Shelter the Homeless' in your everyday life? Give three examples.

Wednesday - Write an anonymous note to someone who is **not** your best friend, not a good friend or is not in your group. Tell them a good quality they have that you like. In your journal write why you chose this person and what the good quality was.

Thursday - Review the Spiritual Works of Mercy. Read about 'Pray for the Living and the Dead'. Reflect on this. Spend 5 minutes in prayer. Note in your journal who you prayed for.

Friday - Read the "Beatitudes" (back of red folder). Choose one. Copy it into your journal. Reflect on its meaning. Explain how it applies to you.

Saturday - Reflect on the service projects you completed. Choose the one you liked best. Include a description of the project, along with the work of mercy you followed, and how it made you feel.

Third Week of Lent

Third Sunday of Lent - "Gentleness" - one of the Fruits of the Holy Spirit - means going easy on yourself and on others.

Go easy on yourself today. Take time out. Do something for you. Write a short Prayer of Thanksgiving to the Holy Spirit for giving you the Gift of Gentleness.

Monday - "Joy" - another of the Holy Spirit's fruits....

It means responding to life in a positive way.

Take a few moments. Reflect on your life, school, family.

Answer: How has the Gift of Joy been given to you?

Tuesday - Give an example of how you are a "Joy" in someone else's life.

Wednesday - Read the Nicene Creed (The Creed said during Mass)

Which part of the Creed had the most impact on you?

Copy that part into your journal.

Explain how it has had an impact on you.

Thursday - Pray the Lord's Prayer. Choose one (1) phrase

that is important and has meaning to you. Copy this phrase.

Why is it important to you?

Friday - Read Luke 22:39-46 - Reflect on verse 46.

What is Jesus telling you?

Saturday - God is omniscient (which means He is All-knowing). Why do we need to pray Prayers like the "Lord's Prayer"?

Fourth Week of Lent

Fourth Sunday of Lent - Laetare Sunday (laetare means "rejoice") - "If you wish to be upright in the sight of the Lord 'learn to do good' and 'make justice your aim'."

List three ways you can bring about change for justice in your everyday life.

Monday - "This is My Body, This is My Blood." What does this mean to you? Explain.

Tuesday - "The Solemnity of the Annunciation celebrates Mary saying "yes" to the Angel Gabriel. What does "and became man" mean to you? (refer to the Creed) Explain.

Wednesday - Read Luke 15:11-32. Reflect on the Younger Son. How might he feel on his return home? If you were the younger son, now what do you do with the rest of your life?

Thursday - Read Luke 15:11-32. Reflect on the Elder Son, the one who remained home. How might he feel about his brother's return home?

Friday - Read Luke 15:11-32. Reflect on the Father's actions. Would you like to have a father like this? Why/why not?

March 19th: Feast of St. Joseph.

St. Joseph was just a man. Of him much was asked. Could he - would he - become the Foster Father of Jesus?

Let us pray.

Father, you entrusted our Savior to the care of St. Joseph. By the help of his prayers may your church continue to serve its Lord, Jesus the Christ, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Amen.

How easily do you accept what is asked of you? Explain.

Saturday - Read John 7:1-30 Reflect: "Some begin a plot against Jesus." When we sin we join the plot against Jesus. Write a prayer asking forgiveness.

Fifth Week of Lent

Fifth Sunday of Lent - *Fruits of the Holy Spirit*. Truthfulness
- Facing yourself and others honestly. Take time out to face yourself. Jesus puts His hand out to you. Are you ready to take His hand? Journal entry - Did you take time out?

Monday - Do this in Remembrance of Me." What might Jesus be asking of you?

Tuesday - Copy the Eighth Commandment.
Meditate on the Eighth Commandment.
List three ways you can use the Fruit of Truthfulness in your daily life.

Wednesday - Read: Luke 22:39-46 - Reflect on verse 41 & 42.
What does this tell us about Prayer?

Thursday - Read: Luke 22:39-46 - Reflect on verses 43 and 44.
Can you imagine how intensely Jesus was praying? Do you need help Praying? Who can help you?

Friday - Read Mark 15:22-41. For whom would you sacrifice your life?
What would you be willing to die for?

Saturday - Read the journal assignments and your entries for Wednesday to Friday of this week. Tomorrow begins Holy Week.
Are you ready? How so?

HOLY WEEK

Palm Sunday - Read Mark 11:1-11 - Reflect on Jesus' triumphant entry into Jerusalem. Respond to the following:

"You are a palm branch. You are held by one of the crowd. You are being waved in glorious greeting."

Write a short paragraph about this event from your perspective as the palm branch.

Monday of Holy Week - Judas was a follower of Jesus.

Judas was asked to betray Jesus.

You are called to be a follower of Jesus. You are asked to betray Jesus when you are called to turn away from God and toward sin.

Reflect on how you are different from Judas. Explain this in your journal.

Tuesday of Holy Week - Reread the first page of "My Lenten Journal."

We are all called to our own garden. Write a prayer to God, The Father, from your garden.

Wednesday of Holy Week - Read your journal entries

from the beginning. Write a paragraph or two on your Lenten Journey in light of your journal activities. What did you learn about yourself?

What did you learn about Jesus?

Holy Thursday - Jesus at the "Last Supper"

Friday of Holy Week - 12-3 pm. Spend some quiet time reflecting on the hours that Jesus suffered and died (or attend mass on Good Friday)

Easter Weekend - Celebrate Jesus' Resurrection for you!