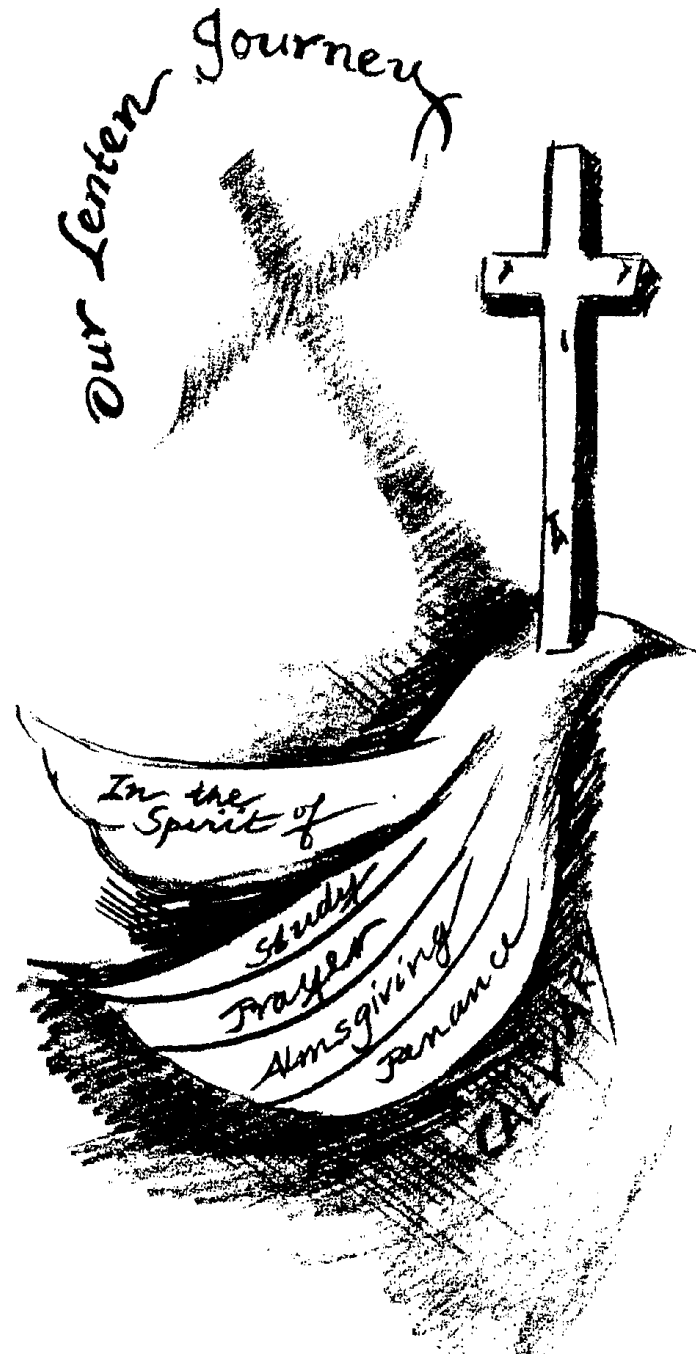


LENTEN JOURNAL



St. Ignatius Loyola Confirmation Class 2012

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

Begin journaling on Wednesday, February 22, 2012

Turn in completed entries on April 15/16, 2012

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 similar to 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.

Lenten Journal Guidelines

Journals are to be written or typed on paper or in a notebook, and submitted with this booklet, in a folder, binder, plastic cover, etc. 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** (Ash Wednesday, 1st week, Sunday 2nd week, Holy Week, etc...). Do NOT use DATES alone!
- Include the day 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 Beatitudes can be found in your book or red folder materials. If you have questions...**ASK!**
- Journals should be turned in as part of your Confirmation Preparation projects.

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. Then write down your responses.

➔ **BEGIN HERE**

Ash Wednesday

How do you feel about Lent and how does it affect you? 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? Explain why or why not.

Thursday after Ash Wednesday

How did the "ashes" make you feel yesterday? What did you think of others you saw with ashes? Write your thoughts in your journal.

Friday after Ash Wednesday

Catholics do not eat meat on Fridays during Lent or on Ash Wednesday. Explain why Friday is the chosen day and why is meat the sacrifice? Did you abstain from meat on Ash Wednesday and Friday?

Saturday after Ash Wednesday

Do something for someone else without them knowing about it. Write what you did and how it made you feel?

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

First Sunday of Lent

Read Leviticus 19:1-18 from the Bible. Choose one 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.

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

Wednesday

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.

Thursday

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

Friday

Do something special for yourself. What did you do?
Explain how this made you feel?

Saturday

Write the 3rd Commandment (Use your **Prayer Book or red folder** – a website might not give you the Catholic order of commandments.)
Reflect on the 3rd Commandment. Write how the 3rd Commandment applies to you/your life?

Second Week of Lent

Second Sunday of Lent

Do something to keep the Lord's Day Holy. Explain what you did? Write one good thing Jesus might say about you today.

Monday

Read Matthew 27:27-35. 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. Now offer this up to God. Let Jesus carry your burden.

Tuesday

Refer to the Corporal Works of Mercy (from service work). Think about "Shelter the Homeless." Reflect on this. How can you "Shelter the Homeless" in your everyday life? Write 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. Make sure you mention a good quality about them that you like. Then, in your journal write why you chose this person and what the good quality was (or include a copy of the note you gave to them).

Thursday

Review the Spiritual Works of Mercy (red folder). Read about "Pray for the Living and the Dead." Reflect on this. Spend five minutes in prayer. Write in your journal who you prayed for and why.

Friday

"Do this in Remembrance of Me" is said during the consecration at Mass/Liturgy of the Eucharist. Write what you think Jesus is asking of you.

Saturday

Reflect on the service projects you have completed. Choose the one you liked best (from area 1 or 2). Describe the project, along with the work of mercy you followed, and how it made you feel.

Third Week of Lent

Third Sunday of Lent

“Kindness” – one of the *Fruits of the Holy Spirit*. Go easy on yourself today. Take time out. Do something kind for someone. Write a short Prayer of Thanksgiving to the Holy Spirit for giving you the Gift of kindness.

Monday

“Joy” – another of the *Holy Spirit's fruits*. It means responding to life in a positive way, no matter what life hands you. Take a few moments. Reflect on your life, school, family. Write about 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 phrase that is important and has meaning to you. Copy this phrase. Explain why is it important to you?

Friday

Read Luke 22:39-46 - Reflect on verse 46. Explain what Jesus is telling you.

Saturday

God is omniscient (which means He is All-knowing).

Explain why 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’.” (Justice is discussed in Chapter 5 of your textbook.) List three changes you can make to bring justice (or do moral good) in your life.

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?

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.

Monday

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

Tuesday

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

Wednesday

Read Luke 15:11-32. Reflect on the Younger Son. Explain how he might feel on his return home...and if you were the younger son, 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. Explain how might he feel about his brother’s return home.

Friday

Read Luke 15:11-32. Reflect on the Father’s actions. Did you like how he handled the situation? Explain.

Saturday

Read John 7:1-24. 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

Fidelity - *a Fruit of the Holy Spirit...* means keeping your promises and remaining loyal to God and other people. Take time out to analyze yourself. Jesus puts His hand out to you. Are you ready to take His hand? Journal entry - Explain how you took time out.

Monday

March 26th: 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.

Tuesday

Copy the 8th Commandment (from red folder). Think about charity and self-control. List three ways you can obey this commandment.

Wednesday

Read Luke 22:39-46. Reflect on verse 41 & 42. Explain how this relates to prayer?

Thursday

Read Luke 22-39-46. Reflect on verses 43 and 44. Can you imagine how intensely Jesus was praying? We all need help praying. List who you can go to for help?

Friday

Read Mark 15:22-41. Write the verse you found the most powerful. Explain how this inspires you to sacrifice and why.

Saturday

Read the journal assignments and your entries for Wednesday to Friday of this week. How did they prepare you for Holy Week?

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 few sentences 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 betray Jesus when you 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 three things did you learn about yourself. How have you changed? What did you learn about Jesus' life?

Holy Thursday

Think about Jesus at the “Last Supper.”

Friday of Holy Week

12:00 – 3:00 pm. Spend some quiet time reflecting on the hours that Jesus suffered and died (or attend Good Friday service).

Easter Weekend

Celebrate Jesus' Resurrection for YOU!