

Lenten Reflection Booklet

For this assignment you will be tasked with creating realistic goals to follow along with the 3 main aspects of lent (Praying, Fasting and Giving). In each section you will be asked to come up with a goal and write a reflection as to how you will achieve that goal throughout the Lenten Season. Please remember to include as much detail as possible and that each reflection must be a minimum of a half-page typed.

Part 1) Prayer

Talking to God - Lent is a time of prayer and growing closer to God. With this in mind you will need to come up with a plan of how your are going to talk to God over the Lenten Season. Please be specific with this goal (explain the When, Where, How etc. of how you are going to talk to God).

This must be a minimum of a half-page typed (Single Spaced)

Part 2) Fasting

Fasting is the second aspect of Lent which typically involves giving up something that distracts you from God. For this part of your booklet I would like you to write about something that you plan to give up for lent. Please explain what you have chosen and why you have decided to give it up. Some examples could be not eating meat on Friday's, fasting from treats, videogames etc.

This goal should be reasonable and possible for you to achieve, but should also challenge you. i.e. Giving up homework doesn't count!

This must also be a minimum of a half-page typed (Single Spaced)

Part 3) Giving

Be Selfless! While Fasting involves the notion of giving in a personal way, this aspect of Lent asks you to give in an effort to help others. (Or as Mr. Csada put it, " Corporal Acts of Mercy) For this part of your assignment you will need to write about how you plan to "give" to others. Some examples could be giving your time, money, possessions, donations, compliments etc. While there are so many different ways that you can give to others, I would like you to select 2-3

examples/ways you can give to others during the Lenten Season. Please be specific with these goals and be sure to explain in lots of detail.

This must also be a minimum of a half-page typed (Single Spaced)

Part 4) Service

This is the last part of your Lenten assignment which just so happens to tie perfectly in with part 3. You will need to come up with and follow through on a plan for serving others during the Lenten Season. You will need to spend four hours (over the next 40 days) serving others. Please ensure that you document where you have completed your service and also get the signature of the person or organization you have served. This service should be something that challenges you and is something that you wouldn't normally do.

Some examples of your service could be: volunteering at shelters or charities, helping parents/guardians/neighbours with odd chores etc.

*You will need to have the plan aspect of the booklet (Parts One, Two and Three) completed and handed in by **Friday, April 4th**. You must have your service hours completed by **Friday, April 11th**