

Faith Lesson Plan and Faith Activity

Lent 2021

Source: (Our Sunday Visitor)

Grades 7 & 8

Doctrinal Content

The Church gives us the season of Lent to reflect—in a deep and profound way—on how we are living with Jesus, day to day. As disciples, we are to model ourselves after Jesus. He is our teacher, and we are his students. We seek to model our lives after his, doing as he did—the will of the Father—thinking as he did, loving as he loved. His ministry to serve others is our ministry. During Lent we can prayerfully reflect on important questions, such as, “What do we need to let go of to follow Jesus more closely? Where is there darkness in our lives and how can we bring the light of Christ to those dark corners? What do we need to stop doing or stop thinking because it is a behavior or attitude that keeps us away from God? What do we need to start doing in order to love God more completely?” During Lent, we must respond to Jesus’ challenge to be the light of the world, shining brightly by glorifying God through our attitudes, words, and actions. The more we respond to Christ’s call to shine his light in our world, accept his invitation to discipleship, and model our behavior after him, the more we will know the will of God and cooperate in building up God’s Kingdom. Lent is a time to walk closely with Jesus so that he can show us the Way.

Invite - Let Us Pray

Invite the young people to gather in the prayer space and make the sign of the Cross. Read aloud the leader’s prayer. Proclaim the verse from Psalm 19:15 together. Have the youth move out of the prayer space and back to their seats.

Go Toward the Light

Let Us Pray

Leader: Lord God,

“Let the words of my mouth be acceptable,
the thoughts of my heart before you,
LORD, my rock and my redeemer.” **Psalm 19:15**

All: We ask this through Christ, our Lord. Amen.

Say: Let us listen to God's Word and the invitation to be children of the light.

Guide the young people through the process of the Scripture reflection below.

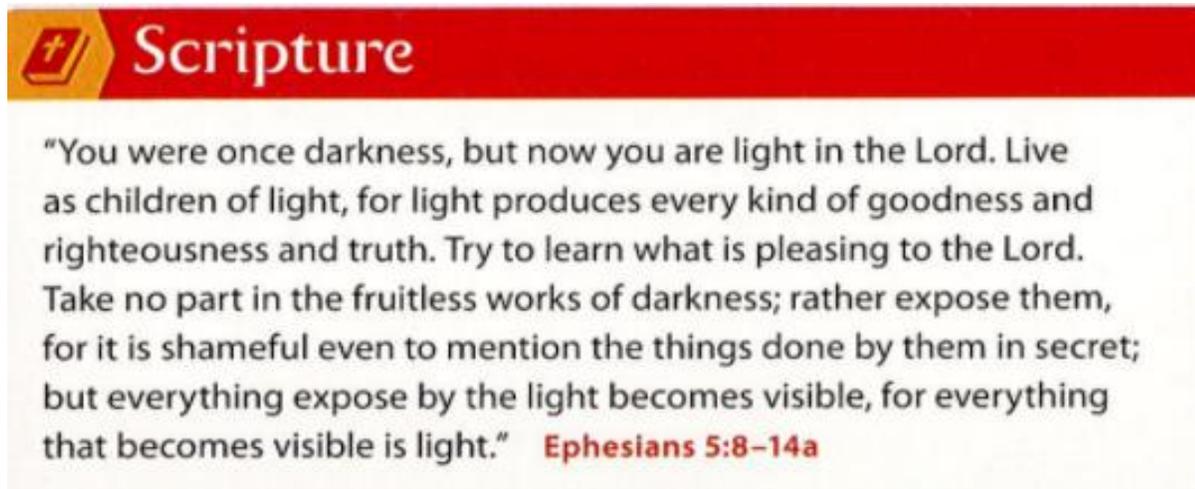
Invite them to close their eyes, be still, and open their minds and hearts to what God is saying to them in this passage.

Proclaim the Scripture.

Maintain several moments of silence.

Display and Read the following.

Read: Ephesians 5:8-14a

A graphic with a red header containing a white cross icon and the word "Scripture" in white. Below the header, on a light yellow background, is a quote from Ephesians 5:8-14a in black text.

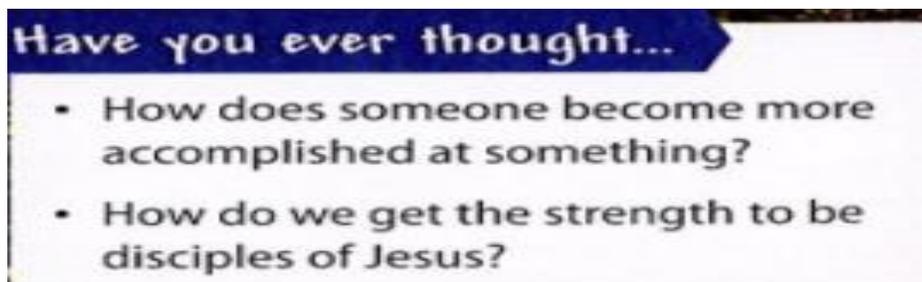
Scripture

"You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord. Take no part in the fruitless works of darkness; rather expose them, for it is shameful even to mention the things done by them in secret; but everything expose by the light becomes visible, for everything that becomes visible is light." **Ephesians 5:8-14a**

Ask: What did you hear God say to you in the Sacred Scripture reading? Engage the young people to respond.

Say: Lent provides us an opportunity to begin anew and to grow in holiness, in right relationship with God and neighbor.

Ask: What else have you ever thought about God's Word and what it means to you today? Engage the young people to respond to the questions below.

A graphic with a dark blue header containing the text "Have you ever thought..." in white. Below the header, on a light yellow background, are two bullet points in black text.

Have you ever thought...

- How does someone become more accomplished at something?
- How do we get the strength to be disciples of Jesus?

Faith Story

Say: Lent is a time we that we spring clean out hearts and repent for what Jesus did for us. He died for our sins on the Cross. Let us listen to the story below and see how John and Susie plan to focus on Jesus during Lent?

Seeing Jesus in Others

Susie said to John, Lent is almost here! John replied, Yes, it is! I remember last year I stopped after the Ash Wednesday Mass to pray at the altar and looked at Jesus on the Cross. There was a young girl who was watching the other fellow parishioners kneel to pray and look reverently at Jesus. As she left, she asked the person next to her, “Why do they kneel down and look like that?” The person answered that they were being reverent towards Jesus and they were kneeling because they loved him. She innocently replied, “But if Jesus is in all of us and we are made in his likeness and image, why don’t they look at each other that way?” Her words continue to remain with me at Lent. John said, “At times I struggle to see the face of Jesus in others. How about you Susie?” I never thought about it. Now that I think about It I do too! During Lent, I will focus on seeing Jesus in all the people I meet. I will give Him praise for all he has done for me by seeing him (Jesus) in the others. John said, me too.

Ask: What do you plan to do during Lent to spring clean your heart and focus on Jesus?

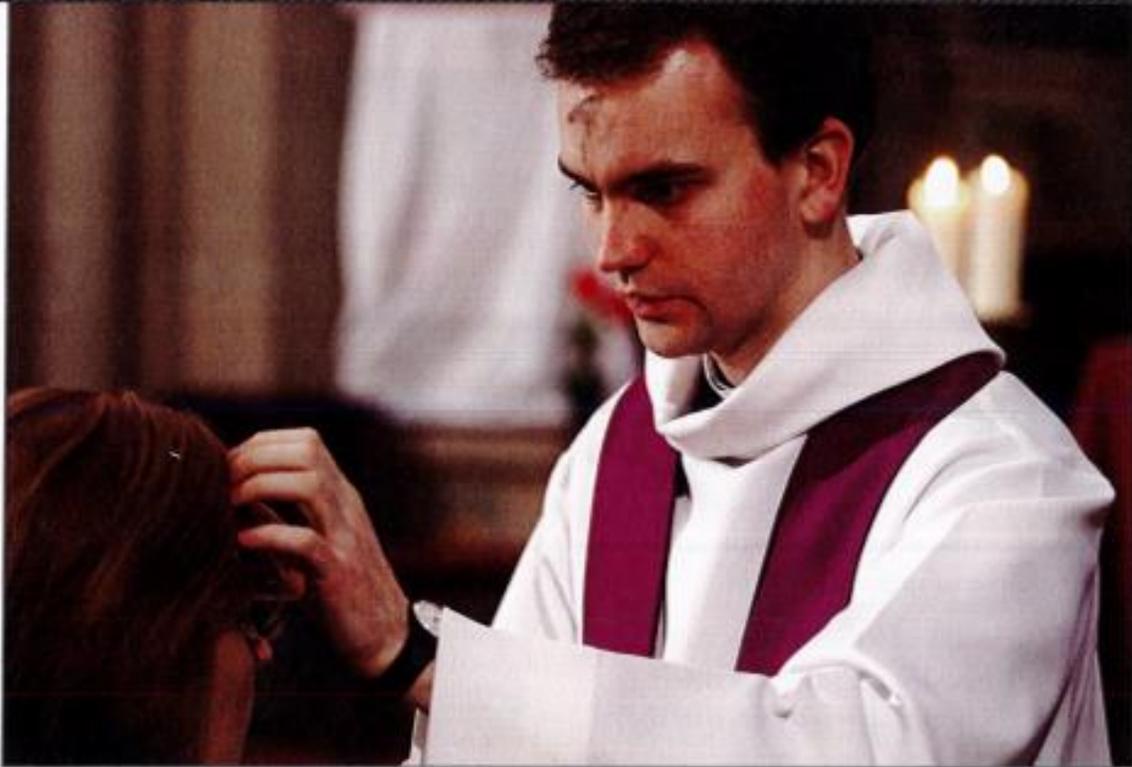
Discover

Display and Read.

“Preparation and Renewal”

&

Lenten Practices



© Our Sunday Visitor

Preparation and Renewal

Lent is the season observed by the Church between Ash Wednesday and Holy Thursday. It is a time of new beginnings in the Church. Parishes prepare to welcome new members. Candidates complete their preparations to receive the Sacraments of Initiation at the Easter Vigil. Priests wear purple vestments as a sign that this season calls us to change and to do penance.

Lent provides us an opportunity to begin anew as well. In solidarity with the candidates for full initiation, we seek to grow in holiness, in right relationship with God and neighbor. We find ways to leave our sinful past and refocus our lives on what really matters: our relationship with God, and with others.

One of the most helpful means of achieving this is taking part in the Sacrament of Penance and Reconciliation. This Sacrament

leads us to confront the darkness and sinfulness of our lives. We measure ourselves against the Commandments and the Precepts of the Church. Then we ask for forgiveness so that we might love God more deeply and our neighbor in his name. We move forward hopefully.

One of the traditional practices of Lent is fasting. Fasting is regulating the amount of food a person eats. Catholics are required to fast when they reach 18 years of age. Many young people give up sweets or other favorite foods as a form of self-discipline. Other young people use Lent as an opportunity to acquire good habits. Building up self-control in this manner can have benefits that stretch far beyond the Easter season.

- Why is renewal important for the Church? For individuals?
- What Lent traditions do you practice?

Lenten Practices

Traditionally, fasting, almsgiving, and prayer are the three central practices of our Lenten observance. Fasting is a way to develop self-control and it is a practice that brings us an acute awareness of both our hunger for God and of those who experience a scarcity of life's basic necessities. Almsgiving signifies that we care for those who are in need, and that we are grateful for God's abundant gifts. Prayer during Lent brings us ever closer to the Lord, and to the change of heart and conversion that discipleship requires of us. It also draws us closer to those in the Church community who journey with us during the Lenten season, particularly those preparing for the Sacraments of Christian Initiation.

Ask: What is Lent?

Ask: How many days is Lent?"

Ask: What is the color of Lent?

Ask: What is the meaning of the color of Lent?

Ask: What three things does the Church do during Lent?

Ask: Why would Lent be an appropriate time of year for new beginnings?

Ask: How does Penance and Reconciliation help us grow in holiness?

Ask: Why is renewal important for the Church? For You?

Ask: What Lent traditions do you practice?

Ask: Why do we honor and venerate Mary?

Video Time

Say: Let us watch a short video, "Lent in 3 Minutes."

Play the video clip.

YouTube Link: <https://bustedhalo.com/video/watch-lent-3-minutes>

Discuss: What did you learn from the video? How does Lent God in your thoughts?

Live:

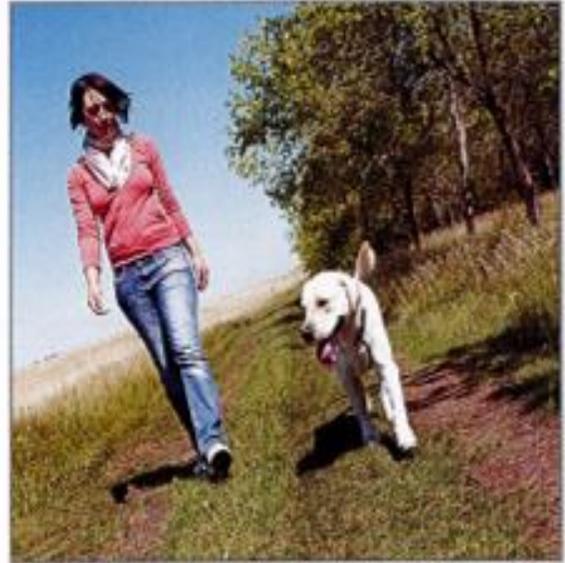
Display and Read the following.

LIVE

A Means to an End

Lent is a good time to build **self-control**. Self-control is about striving to overcome temptation and do God's will. When we use self-control, we restrain our natural impulses and try to master our personal desires and passions. We can develop self-control by denying ourselves pleasures, such as favorite foods or television shows. With God's help, we can develop self-control by building up good habits, including being on time, considering the feelings of others, and obeying those in authority over us.

Jesus is our model of self-discipline. Luke 4:1–13 tells how Jesus fasted in the desert for forty days before he was tempted by the



devil. To overcome Satan's temptation, Jesus focused on what he knew to be true. Jesus did not allow Satan to undermine his knowledge of himself, his place in the world, and his relationship with the Father.

We can be like Jesus and master temptation by focusing on what is important to a life of discipleship and becoming the people God wants us to be. Lent gives us a framework that will help us do that.

Fruits of the Holy Spirit

The twelve **Fruits of the Holy Spirit** are qualities that can be seen in us when we let the Holy Spirit work in our hearts. This season we are focusing on **self-control**.

Ask: What is self-control?

Ask: What other models of self-discipline do we have?

Ask: What could someone your age do to grow in self-control?

Ask: How does having self-control or self-discipline bring you freedom?

IDENTIFY

Think of the self-control and discipline an Olympic athlete has to have. Consider how he or she has to practice self-control in order to achieve the gold (for instance, not eating anything they want). Then answer these questions.

What are three ways you practice self-control in order to achieve a goal?

1. _____
2. _____
3. _____

What acts of self-control help you receive the fullness of life God has in store for you?

People of Faith Activity

Saint of the Day:

Blessed Pier Giorgio Frassati - April 6, 1901 - July 4, 1925



Tell the children about Blessed Pier Giorgio Frassati.

Explain

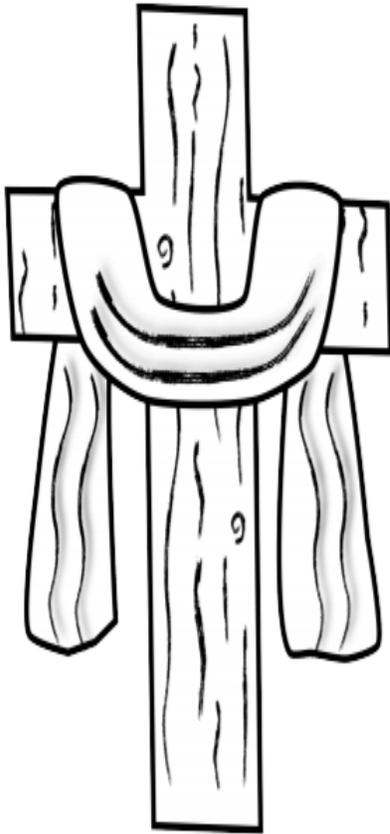
Blessed Pier Giorgio Frassati: Fasting from sweets

Pier Giorgio Frassati is a great role model for anyone tempted by scrupulosity, or by overly intense fasts. He was a deeply devout young man who understood that piety (holiness) helps with fasting. He so disciplined in his Lenten fast in ways that make sense for us today. He would refrain from eating sweets, restrict his food at mealtimes, pray and give alms. He is inspiring to us. He did not fast for his personal satisfaction; he did it to “better celebrate a Holy Easter” He praised and gloried God through his actions, prayer, fasting and almsgiving.

Ask: What are ways you can praise and glorify God during Lent?

Ask: What does your parish do to care for the poor?

Faith Activity



Find all ten words:

- Jesus
- Lent
- Ash
- Wednesday
- Dust
- Prayer
- Alms
- Fasting
- Sacrifice
- Purple

W	J	E	P	S	A	C	T	A	P
E	Q	L	L	U	F	A	W	L	R
D	J	G	E	O	R	V	R	M	A
N	E	A	F	N	V	P	C	Q	Y
E	P	R	R	I	T	E	L	W	E
S	A	C	R	I	F	I	C	E	R
D	U	S	T	F	W	Y	R	Z	N
A	R	Y	H	V	A	L	M	S	D
Y	Z	B	J	E	S	U	S	H	U
Z	J	F	A	S	T	I	N	G	F

Unscramble these Lenten Words

TRYFO YASD _____

HSESA _____

NLTE _____

TISFGNA _____

One thing I can do during Lent to bring me closer to God...