



FEBRUARY 2015

TO TEACH AS JESUS DID

Sacred Space

God, heavenly Father, look upon me and hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit.

Without You I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will. Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love. God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works.

May my acts of penance bring me Your forgiveness, open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus.

Lord, during this Lenten Season, nourish me with Your Word of life and make me one with You in love and prayer.

Fill my heart with Your love and keep me faithful to the Gospel of Christ. Give me the grace to rise above my human weakness. Give me new life by Your Sacraments, especially the Mass.

Amen. <http://www.catholic.org/prayers>

Personal Formation:

6 Ways to Pray during Lent

Lent is the perfect time to take control of your personal formation through prayer. When there is a big event in your life, you prepare for it. The death and resurrection of Christ are the biggest events in the Christian year. Prepare for them!!! Loyola Press editors offer the following ways. Choose one or two ways you normally do not pray. Stay dedicated and see the changes it can make in your life as a FFL, principal or catechist.

1. Make your abstinence a prayer-in-action.

As Catholics we are called to [give up something for Lent](#). What it is, you can make what you're giving up for Lent a prayer as well: a prayer-in-action. Whenever you encounter the thing you are abstaining from or the time of day that you would normally enjoy it, take a moment to say a prayer in recognition of your wholeness in God even without the thing you have given up.

2. Renew yourself through personal reflective prayer.

Try Loyola Press's popular [3-Minute Retreats](#) and [Seven Last Words of Christ GUIDED MEDITATION](#).

3. Pray the Stations of the Cross.

One of the most common traditions of Lent is to pray the [Stations of the Cross](#).

4. Meditate on Holy Scripture with Lectio Divina.

Perhaps the oldest method of scriptural prayer known to Christians is lectio divina or "holy reading." This method of prayer is characterized by thoughtful reading and consideration of a text from Scripture, with repetition and meditation on key words or phrases.

5. Reflect deeper on your liturgical prayer.

When you attend Mass during Lent, be conscious of and meditate on the words you pray in the liturgy.

6. Start a practice of daily prayer that will last after Lent.

Perhaps the best prayer advice is to use Lent as a time to instill prayer habits that will last long after Lent has concluded. For links to the websites noted above, go to: <http://www.loyolapress.com/8-ways-to-pray-during-lent.htm>

FROM THE RESOURCE CENTER



Fasting Prayer Cubes (KA #04645) [I-A]

Twelve identical cubes per kit suggest alternatives to food fasts on each side of the wooden cubes: "Fast from Complaining. Instead of complaining, recall the moments of joy in your life." and "Fast from Discouragement. Remember Jesus' promise that He has a perfect plan for you." Students to roll a die each day for a suggest fast for the day.



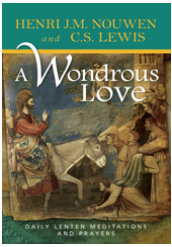
Wall Story: We Observe Lent

(PO #01215) [EC-I]

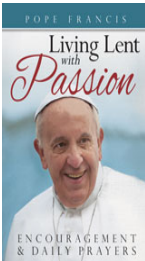
Eight 8.5" X 11" posters lead

students from Ash Wednesday to the Easter Vigil, demonstrating the traditions of fast, prayer, and alms giving and highlighting the Holy Week Services. Display the posters in various spots around your session space, and take a traveling tour!

Read A Book during Lent:



Two of the most widely read and respected writers of Lent of the 20th Century, Henri Nouwen and C.S. Lewis are brought together in this devotional book. It is perfect for personal prayer or daily prayer with teachers/catechists.

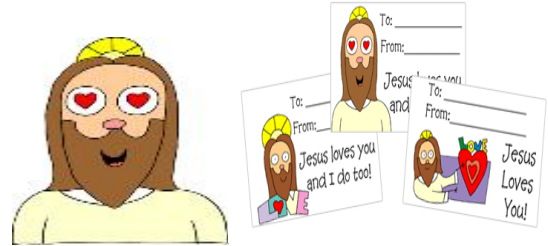


Pope Francis: Living Lent with Passion Encouragement and Daily Prayers
The words of Pope Francis echo those of Jesus himself, the One who asks that we love God first and then our neighbors as ourselves. The pope's words in this booklet are a starting point for prayer. Each day includes a suggested Scripture reading, most often from the day's Mass.

Valentine's Day Cards to Give to Your Students!! (*younger grades*)

Bring the spirit of St. Valentine into your classroom by making cards for your students that say "Jesus Loves You!" The clip art of Jesus below can be reproduced in Word or design your own card. Be sure to include the To and From lines. You may wish to make many of the cards and let your students distribute them to family and friends.

Jesus Loves You Valentines



Engaging Families in Catechesis During Lent

Given the many challenges facing today's families, now is the perfect time and home is the perfect place to experience Lent. After all, home is where we rush and rest, where we hope and worry, where we love and forgive. It is home where we most often experience day-to-day salvation. Lenten experiences can take place in nearly every room of the house. Here are some ideas to send home to parents to enrich the celebration of Lent in the home:

Family Lenten Crafts Make a decorative family ["works of mercy" tree](#) by following the directions on these PDFs. Work as a family to follow through on your promises. You can find more activities like this in [Crafting Faith](#).

Lenten Family Mealtime In addition to ["Friday fish day,"](#) designate one evening a week to prepare a meal together. Assign a different dish or task to each family member. Before starting, discuss how each family member is giving to the others—giving time, effort, and care to nourish the entire family to go out and do God's will. Begin with a prayer of thanks and petition.

Family Lenten Reading Prominently display the Bible and other books that feature topics such as the following: Lent, forgiveness, prayer, Scripture, generosity, social justice and service for others. You might wish to display [Praying Lent: Renewing Our Lives on the Lenten Journey](#), a small booklet by Andy Alexander, SJ, or [A Prayer Book of Catholic Devotions](#) by William G. Storey, which offers a special section dedicated to Lenten reflection in addition to prayers for other seasons and normal time. Invite family members to choose books and discuss what you read.



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