

my journal for
LENT





Prompt: Lent calls us to be more compassionate. Describe a time when someone showed you mercy or when you showed mercy to someone else. How did it make you feel? Why is it important to show mercy to others? What prevents us from showing mercy?

Although this is a journal reflection, it will be graded as a religion and a writing assignment. See the rubric below.

4 – Exceeds Expectations 3 – Meets Expectations 2 – Approaching 1 – Beginning

Criteria	4 – Exceeds Expectations	3 – Meets Expectations	2 – Approaching	1 – Beginning
Understanding of Mercy & Lent	Demonstrates deep understanding of mercy as a Lenten practice; clearly connects reflection to Catholic teaching.	Shows clear understanding of mercy and its connection to Lent.	Shows partial or surface-level understanding of mercy.	Shows little or no understanding of mercy or Lent.
Personal Reflection & Specific Example	Provides a detailed, meaningful personal example with strong explanation of feelings and impact.	Provides a clear personal example and explains feelings.	Example lacks detail or explanation of feelings is limited.	No clear example or reflection provided.

Analysis & Critical Thinking	Thoughtfully explains why mercy is important and clearly identifies realistic obstacles that prevent mercy.	Explains why mercy is important and identifies at least one obstacle.	Limited explanation of importance or obstacles.	Does not explain importance or obstacles.
Organization & Development	Writing is well organized with strong introduction, body, and conclusion; ideas flow logically.	Writing is organized with clear paragraphs and logical flow.	Writing shows some organization but may lack clarity or structure.	Writing is disorganized or incomplete.
Grammar, Conventions & Effort	Few or no grammar errors; vocabulary is mature and appropriate for 7th grade; strong effort shown.	Minor grammar errors; grade-level vocabulary; good effort.	Frequent grammar errors or limited vocabulary.	Many errors that interfere with understanding; minimal effort.

Overall Score: _____ / 20

Other prompt suggestions:

1. How have I made time for prayer this week?

2. When I pray, I feel...

3. Write a short personal prayer to God:

1. What have I chosen to give up or do differently?

2. Was it difficult? Why or why not?

3. How does sacrifice help me grow stronger in faith?

1. How have I helped someone this week?

2. Describe a moment when you showed kindness or mercy.

3. How did it make you feel?

1. Is there someone I need to forgive?

2. Why is forgiveness sometimes hard?

3. What would Jesus want me to do in this situation?

During the season of Lent, we reflect on some of our sins. What is one thing we can do to practice living the best version of ourselves during Lent to stay away from sin? Please write 3-5 sentences and illustrate a picture about it.

During the season of Lent, we try to get closer to God. What is one way you can grow closer to God? (i.e. family prayer, attend Mass regularly, go to confession...) Please write 3-5 sentences and illustrate a picture about it.

During the season of Lent, we reflect on our religious practices and choose something to give up. What are you giving up and why? How does this grow your connection to God? Please write 3-5 sentences in your response and illustrate a picture of this.

Lent is a time to reflect on our relationship with God and the wonderful things God has done for us. Name three things you are grateful for this week. Describe a prayer God has answered recently.

Illustrate when and where you like to pray.



Lent Reflection Journal Project

Please choose two prompts per week to respond to in your child's Lent Reflection Journal. Each reflection should be 3-5 sentences in length.

It will be suggested to complete 2 prompts per week, each week until Easter Break. This will total 8 prompt responses by the end of the month. I will check for updates each week, but will only make a finalized grade on 3/31. This means that prompts will not be marked late until 3/31.

Please do not hesitate to reach out with any questions or concerns at any time!

With Regards,

Mr. Michael Gatti

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