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| **Name:****Grade:****Date:** | **EDGE Middle School** **Wednesday, January 25, 2023****‘40’ Series:** The Season of Lent |

**Directions**

* **Make-up work must be completed before the next EDGE Night.** It should not take you more than 90 minutes to complete.
* **Go to File → Make a copy. Name the file 1-25-2023, Your First and Last Name.**
* Make-up work will require you to research answers, please only use credible Catholic sources, **Wikipedia will not be accepted.**
* You must cite all your sources. To do this, just copy and paste the URL after your answer.
* You may not copy and paste directly from any website, it must be in your own words, (unless stated otherwise).
* **All questions or activities are in bold and highlighted.**
* **All your answers should not be in bold**
* When you are finished, email your assignment to Rachael Kriger: rkriger@romeroparish.org. Please submit with your FIRST NAME-LAST NAME-EDGE-1-25-2023

***This is for both Home Study Students and those who are doing Make-Up Work for missing In-Person.***

**Homework Breakdown**

1. Activity
2. Reading
3. Written Questions
4. Video
5. Challenge of the Week

**1. Activity**

**What does Lent mean to you? Write 3-4 sentences on what it means to you.**

**2. Reading**

When someone wants to know the facts of a problem, they may “look at the numbers.” The numbers for Lent are 40, 1, 180, and 3. These may seem random, but by the end of this ‘40’ Series, you will know the significance of these numbers.

The number 40 reminds us of Lent, the liturgical season within the Church, which offers a time of preparation and repentance before the celebration of Jesus’ Resurrection on Easter. The season of Lent begins each year on Ash Wednesday and ends on Holy Thursday before sundown. Holy Thursday is the Thursday before Easter.

Lent can be relatively easy to pray more each day or not eat a certain food, but those little practices are mere “words’’ within the greater journey of our spiritual lives. The goal of Lent is not to check things off a list; the goal of Lent is to take time to intentionally work on our relationship with Jesus. Lent reminds us to open our hearts and prepare to receive the grace and love Jesus gives to us through His Passion, death, and Resurrection.

Lent lasts for 40 days, but this is not a random amount of time. This time frame appears in multiple places in the Bible. In the Old Testament — the time before Jesus — God’s people, the Israelites, journey through a wilderness for 40 years. At the end of this time, they are led to the Promised Land. In the New Testament, Jesus goes to a desert for 40 days where the devil tempts Him, He overcomes the temptations, and begins to preach about the Kingdom of God. In Scripture, we see how these periods of testing or trial are used to prepare and signal God’s goodness and ultimate triumph.

During these times of testing and trial in Scripture, God was not absent. Instead, the testing and trial led to something greater. In the same way, God is always with you, and when you allow Him to be a part of your life, He will help you through every obstacle. The Lenten season can remind us of how God is present in our hardships.

**Beyond the Numbers**

During the season of Lent, we are encouraged to participate in special practices of prayer, fasting, and almsgiving. These practices are designed to help each of us grow in holiness and in our relationship with Jesus as we approach the celebration of His Resurrection at Easter.

The first practice, prayer, is incredibly important. Prayer is how we communicate and grow in communion with God. It does not have to be complicated; prayer can be as simple as talking to Jesus like He is your friend. But there are other things you can do to help you grow, such as learning a new prayer, praying with a partner over text, or going to daily Mass. You can also spend time with Jesus in the church, make time for Adoration, or learn to pray the rosary or the Chaplet of Divine Mercy.

You can also pray while you walk, between classes, or while you do chores. You can pray at all times, and you can pray at specific times. Prayer is not just words; it is our connection to God and the foundation for the rest of our spiritual life. So if you are not praying or have never prayed, Lent is a great time to start (or start again).

In addition to prayer, another Lenten practice is fasting. Healthy adults ages 18-59 are required to fast on Ash Wednesday and Good Friday. On a day of fasting, adults eat one full meal and two other small meals. There is no snacking between meals, and many people drink only water when fasting.

On the Fridays of Lent, Catholics aged 14 and older abstain from (do not eat) meat. In the time of the early Church, meat was a luxury. Giving up meat once a week was similar to sacrificing other luxuries. We continue this traditional practice today on Friday to commemorate the day of the week on which Jesus suffered and died. Even though we may not always think of eating meat as a luxury, making this intentional sacrifice is another type of offering that marks Lent as a time of penance and sacrifice. (Code of Canon Law 1251-1252).

Fasting and the other sacrifices we make during Lent are more about learning to control our desires and learning self-discipline than checking things off a list or doing something more demanding than someone else. Fasting is not a competition but a tangible way we learn to depend on God first instead of turning to external things for comfort or fulfillment. Fasting from sweets to learn better self-control can translate to our spiritual lives and help us say “no” to temptations to sin. Giving up time on social media can help us to make more time for prayer. Fasting is a powerful tool, and during Lent, it can transform our relationship with God.

The third traditional Lenten practice is almsgiving. This is when we give our time or money to a charitable cause. For example, some people use the money they may have spent on eating out or on a new outfit to donate to an organization or someone in need. If you are not able to donate money, you can donate belongings to a charitable organization. You can also practice almsgiving by intentionally spending more time with a sibling or tutoring a student. Being charitable means practicing love and being Christ-like to those around us in the way we give of our time and our treasures.

Through prayer, fasting, and almsgiving, we make sacrifices during Lent that will help us grow in our relationship with God. Making a sacrifice is like making an offering to God. Like the times of testing and trial in the Bible, these offerings can lead us to a greater place of dependence on God. When we willfully go without something we enjoy, we discipline our desires and refocus our longings toward God. No matter what sacrifices you choose during Lent, it is essential to remember that Lent is not just about what we do for God, but how these sacrifices make room in our lives for God to do something for us. These things we give up are to help open us to an awareness of the presence of God in our lives.

**Adding it All Up**

The number 1 refers to the one season of Lent. You have one opportunity this year to prepare for a blessed Easter season. In the wisdom of the Church, this opportunity lasts for 40 days, so choosing Lenten practices you can actually do will help you use these 40 days to grow in your relationship with God. In your prayer time, share with God how you want to grow and be open to His movement in your life.

It is natural to be eager at the beginning of the 40 days but then grow tired. When you feel this way, you can go back to your written goals and remember that Lent is not just checking things off a list (although that can help us) but is about our relationship with God and making more room for Him in our daily lives. Lent helps us remember God is always with us, so as you make your sacrifices, remember that God is with you and loves you, and each sacrifice is meant to bring you closer to Him.

How do you think our world would look different if everyone spent these 40 days focusing on their relationship with God? Who in your life inspires you to make sacrifices and grow in your spiritual life? How can you make this Lent different from any Lent before?

These are questions you should take to prayer and think about during the ‘40’ Days of Lent.

– End of Reading –

**3. Written Questions**

(Please remember to cite whatever sources you use!)

**Please see the next page for your written questions!**

**MY LENT COMMITMENTS**

1: An Edge Night on the Season of Lent

**Prayer: *I will take on…***

**Fasting: *I will offer up..***

**Almsgiving: *I will practice love and charity by…***

**My Small Group Commitment (For online students: your commitment to finishing out the semester):**

**Prayer of Commitment**

*Jesus, I love you and want to be more like you.*

*Please give me the grace this Lent to keep my commitments.*

*Amen.*

*“I can do all things in Him who strengthens me.” - Phil 4:13*

**4. Video**

**Please watch the following video.**

Link: <https://www.youtube.com/watch?v=IZS5M_kjb2E>

*\*If you cannot click on the link, please go to Ascension Presents YouTube channel and search “Where is Lent in the Bible?” You can also search my name, Rachael Kriger, and go the playlist that says “EDGE Videos.”*

**5. Challenge of the Week**

**Pray a Rosary in preparation for Lent!**

**Homework Due on Wednesday, Feb. 22, 2023**

**Please either bring to Ash Wednesday Mass or Submit via Email!**

**Please consult our new calendar (also attached on the EDGE Website and the EDGE Flocknote with the Homework) for date changes.**