St. MARY + St. MICHAEL PARISH COMMUNITY

NEWMARKET - EXETER | NEW HAMPSHIRE

MIDDLE + HIGH SCHOOL FAMILY FORMATION RESOURCES: March 2022

TURNING THINGS AROUND:

Lent is a time to turn back to God with all of our heart. We are asked to do this each day, even when it is not the season of lent, but lent gives us the reminder we need when we sometimes forget. It is a time to look at our hearts and see what we need to let go of, what is holding us back from being the person God created us to be and to reflect on what we may need to add to our lives in order to bring us closer to God.

THE THREE PILLARS OF LENT:

These practices help us look closely at our relationship with God:

- **Prayer** - Setting aside time to communicate with God will deepen our relationship with him. We take time to talk with God and to listen to Him.
- **Fasting** - We can fast from food, technology, etc, to help us become more free. Fasting helps us to detach ourselves from material things, and further unite ourselves to Jesus.
- **Almsgiving** - God has given us so much, and as a thank you to God we can help and give to those in need and those who are hurting.

GROWING TOWARDS THE LORD:

Review the calendar you made at Family Formation:

- Is there anything you want to add? Is there anything you want to change?
- How will the calendar challenge you to grow closer to God?
- How will this calendar help you grow to be the person God created you to be?

HELPING OTHERS:

Watch https://www.youtube.com/watch?v=OaFk7nlPmMU & reflect:

1. How can you be the hands and feet of Jesus in your school?
   Is there someone who can use your help?
2. How can you be the hands and feet of Jesus in your home?
3. Do you remember a time when someone stood up for you or protected you, or helped you? How did it affect you?

Continued on back with CONFESSION >>

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CONFESSION:

Confession is a very important Sacrament that we are blessed with in the Catholic Church. Lent is a great time to go to Confession because we are striving to get rid of the things that are holding us back. Sin holds us back, and confession frees us from our sin!

If you have not been in a while, fear not! The priest will guide you.

Watch https://www.youtube.com/watch?v=WjmuqeSgNjg & reflect:

1. Why do you think Confession is such a difficult Sacrament for some? What about it makes it this way?
2. Who is someone in your life that you can go to when you have something weighing on your chest? What is it about having someone you trust and confide in? How do you think it helps Catholics to go to a priest for Confession?
3. God knows our secrets and yet remains constant in His love for us. How can we learn to accept and emulate this love and forgiveness in our lives? Do we fully love and forgive our friends? Ourselves?

There is a **special Lent penance service at St. Michael on March 27th at 3pm**. A few area priests will be available for you. This is a great opportunity to receive the gift of forgiveness through Confession. Ask your parents if they would like to go with you!

If that date doesn't work, there is Confession available every week at our two churches.
St. Mary: Fridays in Lent at 6pm, Saturdays all year at 3. **St. Michael:** Saturdays all year from 2:30-3:30pm.