

PARISH FAMILY ABLAZE (2-12-23): LENTEN PREPARATION

- I. Prayers
 - A. “Signum Crucis”: “In nomine Patris et Filii et Spiritus Sancti. Amen.”
 - B. “Prayer to the Holy Spirit” (Inside Front Cover)
 - C. Saint and Virtue:
 1. Benedict
 2. Piety
- II. True or False:
 - ___ 1. The Ashes used on Ash Wednesday are typically from burnt palms from Palm Sunday the prior year.
 - ___ 2. Abstinence is the same as fasting.
 - ___ 3. The forty days of Lent correspond to the forty days that Jesus fasted in the wilderness.
 - ___ 4. The Triduum ends the Lenten Season and includes the Mass of the Lord’s Supper, Good Friday of the Lord’s Passion, and the Easter Vigil Mass.
 - ___ 5. Those from age 10 to 69 are bound by the Church to abstain from eating meat on Fridays during Lent.
 - ___ 6. We especially focus on prayer, fasting, and almsgiving during Lent.
 - ___ 7. Lent gives us time to prepare for a renewal of our Baptismal Promises at the Easter Vigil or on Easter Sunday.
 - ___ 8. The Sign of the Cross is made on the head of an infant during the Rite of Baptism.
 - ___ 9. The Holy Spirit inspired Jesus to go to the wilderness to be tempted by the Devil.
 - ___ 10. The traditional number for the Stations of the Cross is ten.
- III. The Season of Lent (Preparing to Renew our Baptismal Promises)
 - A. Ash Wednesday:
 1. Sign of the Cross
 - a. We live under this sign from our Baptism until our last agony.
 - b. The Way of the Cross (14 Stations)
 - c. Last Things—Death/Judgment/Heaven/Hell
 - d. Calvary—Good Friday
 - e. The Cross = The Tree of Life
 2. Burnt Palms:

- a. Entrance into Jerusalem
 - b. Victory through the Cross—Death and sin conquered by Christ’s suffering and death
- B. 40 Days of Lent correspond to Jesus’ Forty Days in the Wilderness:
 - 1. Significance of the number 40—testing and trial
 - 2. Confronting and conquering the world (profit), the flesh (pleasure), and the Devil (power)
 - 3. Prayers/Fasting/Almsgiving:
 - a. Prayer—Vocal/Meditative/Contemplative
 - b. Aspects of Spiritual Development—Purgative, Illuminative, Unitive
 - c. Fasting and Abstinence
 - d. Experiences of Solitude and Detachment to overcome loneliness and slavery
- C. Lent ends—The Triduum: The “Lifting Up”:
 - a. Holy Thursday (Sacramental Body and Blood of Christ)
 - b. Good Friday (The Cross)
 - c. Holy Saturday (The Righteous Souls in Sheol)/Easter Vigil—Resurrection
- D. Easter Sunday: Renewal of Baptismal Promises:

Do you renounce Satan?

And all his works?

And all his allurements?

Do you believe in God, the Father almighty, creator of heaven and earth?

Do you believe in Jesus Christ, His only Son, our Lord, Who was born into this world and Who suffered?

Do you believe also in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

- E. The Ascension (Ascension Thursday)
 - F. Pentecost
- IV. Discussion Questions:
- A. Which is the hardest for me—praying, fasting, or almsgiving? Why?
 - B. Give three reasons why, in the Baptismal Promises, there is a triple renunciation of Satan, followed by a triple affirmation of belief?

- C. When Jesus was tempted by Satan, how did His experience of temptation differ from our experience of temptation—consider the difference between His intellect, will, affections and body compared to our intellects, wills, affections, and bodies.
- V. Mission/Prayer and Blessing