

PARISH FAMILY ABLAZE (2-4-24): LENTEN PRACTICES

PRAYERS

- I. "Signum Crucis": "In nomine Patris et Filii et Spiritus Sancti. Amen."
- II. "Prayer to the Holy Spirit"
- III. Saint and Virtue:
 - A. Saint Blaise
 - B. Temperance

TRUE/FALSE

1. Fasting and abstinence are exactly the same thing.
2. In our archdiocese, the law of abstinence applies to those who are seven years or older.
3. The law of fasting on Ash Wednesday and Good Friday, in our archdiocese, applies to those between the age of 18 and 59.
4. Canon 1251 in the present Code of Canon Law specifies that Catholics refrain from eating meat on Fridays throughout the year, as an act of penitence.
5. Lent is a forty-day period between Ash Wednesday and the Mass of the Lord's Supper on Holy Thursday.
6. Lent is a time for preparation for Easter, when catechumens will become Christian and when Christians will renew their baptismal promises.
7. We are tempted by Satan, but Jesus never was tempted by Satan.
8. Satan despises Scripture so much, that He never quotes it.
9. Saint Peter was called "Satan" by Jesus.
10. At the Last Supper, Satan entered into Judas after he received a morsel of bread from Jesus.

LENTEN PRACTICES

- I. Wilderness Experience (40 Days):
 - A. With Christ, we are in the wilderness (world) away from home (Father's house, Kingdom of Heaven)
 1. Silence and Solitude (for **PRAYER**):
 - a. Vocal
 - b. Meditative
 - c. Contemplative

2. Encounter invisible realities:
 - a. God—Father, Son, Holy Spirit
 - b. Angels and demons
 - c. Souls of the saints
- B. Detachment from creatures:
 1. Abstinence
 2. **FASTING**
- C. Prayer clarifies the truth, and fasting establishes freedom, restoring life (grace/goodness/holiness) so as to bear the everlasting fruit of love (**ALMSGIVING**):
 1. From the wilderness we go to proclaim the Gospel
 2. Proclaiming the Gospel, we enter into The Way:
 - a. Service and Self-giving—Holy Thursday
 - b. Passion and Death (Sacrifice)—Good Friday
 - c. For Glory—Resurrection/Ascension
 3. This Christian life is sustained and strengthened by three special gifts:
 - a. Christ crucifies on Calvary and given in the Eucharist
 - b. Mary given to the baptized by Christ on Calvary
 - c. The Holy Spirit Who animates Mother Church/Bride of Christ with sacramental and sanctifying grace
 4. Renewal of Baptismal Promises (Easter):
 - a. Triple renunciation (of Satan)
 - b. Triple affirmation (of God and His Church)
- II. Restoration and Elevation:
 - A. Restoration of Creation (7 Days):
 1. Have Dominion:
 - a. Till
 - b. Keep
 2. Fruitfulness and Multiplication
 - B. Elevation of Creation in the New Order of Grace (7 Sacraments):
 1. Being discipled:
 - a. Fed (Breaking of the Bread)
 - b. Tended (by Apostles)
 2. Being sent (Pentecost/Confirmation):
 - a. Proclaim and Teach
 - b. Baptize

TABLE-TALK QUESTIONS

When have I experienced the presence of God in solitude in silence? What are the most common things or relationships in our culture that tend to become evil and unhealthy attachments?

QUESTIONS FOR FATHER JACK/MISSION/FINAL PRAYER AND BLESSING