

Our Lenten Prayer Journey

Dear Youth Leaders,

Thank you for taking time over the next 40 days to join together to pray as a VEYM family. This Lent, let us journey with Jesus together and connect with his suffering, his love, his saving grace in a deeper way. Don't just observe Lent, live it!

This resource is just a beginning point for you as a youth leader. Adjust it as needed to fit the abilities of your chapter. The important thing is that you *do* something different and teach your youth to *do* something different in your prayer life that will help you draw closer to Jesus in this time that leads to the high point of the liturgical calendar.

God bless you on this journey!

How to use this resource:

Lent in Reverse (pages 2-3)

- Print out page 2 of this resource and hand out to your youth on the weekend of Feb. 22-23 to introduce your youth to the Lenten Journey.

Do the Ash Wednesday “Lent in Reverse” activity on page 2 with your youth in anticipation of the upcoming Ash Wednesday Mass. Doing this with them prior to the start of Lent will help them get familiar with this journey, which you will do weekly with them starting the first week of Lent.

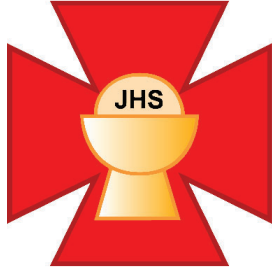
- Print out page 3 of this resource and do each week of Lent with your youth together. Have them then cut out the “bookmark” for that week of Lent and bring it home to live Lent at home with the intentions of that week.

Keep the remaining “bookmarks” to do with the youth in the upcoming weeks.

- On Palm Sunday, when the kids have brought back all of their “ACT” donations, youth leaders can choose where to donate them within your community. Some ideas include: a local food shelf, make homeless care kits, a homeless shelter.

Journey With the Saints (page 4-5)

- Print out page 4 of this resource and hand out to your youth to bring home. Explain to them that this is a 40-day calendar to help them reflect on their Lenten journey individually at home with their families.

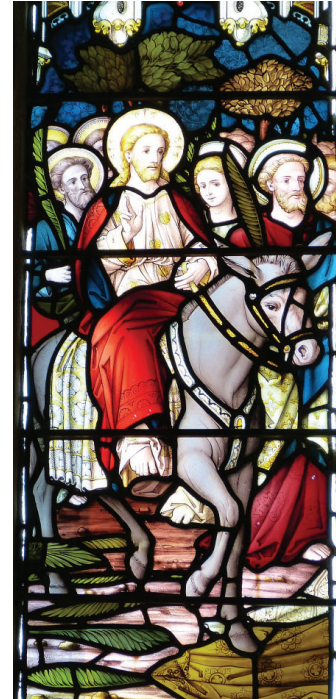


Lent in Reverse

Lent is a time of spiritual renewal, and during Lent we put special time aside to be prayerful and reflective. Lent calls us to renew our relationship with our Lord. To do so, we must commit to spending more time with Him.

This Lent, VEYM members are encouraged to take on a “Different Kind of Fast” – instead of giving something up, let’s take something on. This Lenten Prayer Journey helps with ideas for you to take on something small that will point people to Jesus every day.

Let’s journey with Jesus to Jerusalem for his final visit. Each week will provide an opportunity to:



READ a story of someone

Jesus met along the way who was changed

WONDER about the story and it’s meaning for today

ACT on the behalf of others by accepting the challenge to “A Different Kind of Fast”

PRAY for continued guidance to follow in Jesus’ footsteps and help those in need

Your journey begins on Ash Wednesday (February 26)

READ Joel 2:12–18 and Matthew 6:1–6, 16–18

WONDER How will these scriptures inspire our thoughts, words, and actions this Lent?

ACT Briefly read the six bookmarks provided and make a plan on when, where, and how you will use this guide as an individual, family, or small group.

PRAY Gracious and Loving God, take my hand and lead me through this Lenten season. Give me eyes willing to see, ears willing to listen, a heart willing to learn, and hands willing to give. Amen.

1st Week of Lent



READ

Matthew 4:1-11
Jesus is Tempted

WONDER

Why did Jesus go into the wilderness?
How was he tempted?
How did he respond?
How are you tempted?
How do you respond?

ACT

Place a coin in your bank for each time you resist temptation this week. Gather food items for those living in your community who are living with food insecurity.

PRAY

God of all, Forgive me for the times when my thoughts, words and actions have been misguided or hurtful. Guide me through this season and bless my gifts of food for the nourishment of others. Amen.

2nd Week of Lent



READ

Matthew 17:1-9
Jesus' Transfiguration

WONDER

How does Jesus' transfiguration reveal his identity to his disciples? How does God speak to you today on your Lenten journey?

ACT

Place a coin in your bank for each time you see God touch your life this week. Say a prayer for someone in your life who really needs to see God right now.

PRAY

Awesome God, Open my ears to hear you speak to me. Teach me to recognize your presence in my daily life. Console those who are far from you and do not hear your voice. Remind them that they too are your beloved sons and daughters. Amen.

3rd Week of Lent



READ

John 4:5-42
Jesus and the Samaritan Woman

WONDER

How did Jesus know all about the woman? What did he tell her about living water? What kind of water was Jesus talking about?

ACT

Place a coin in your bank for each time you drink water this week. Gather water bottles for those living in your community who are living on the streets without clean water to drink.

PRAY

God of Living Water, Quench my thirst to know more about you so I can live as you want me to. Bless the gifts of water I give so that others may have clean water to drink. Amen.

4th Week of Lent



READ

John 9:1-41
Jesus Heals the Blind Man

WONDER

What did Jesus say about the man's blindness? What did Jesus do to heal the man? How can you be Jesus' light to the world?

ACT

Place a coin in your bank for each time you speak the name of Jesus this week. Gather medical supplies (band-aids, lotion, vitamins) for those living in your community who need physical healing.

PRAY

Healing God, Help me bring the light of Christ Jesus to the world. Bless the gifts of medical supplies I give so that others may have the care they need. Amen.

5th Week of Lent



READ

John 11:1-45
Jesus Raises Lazarus

WONDER

What did Mary & Martha ask Jesus to do? How did Jesus respond to their plea for help? How can you help those who are in need?

ACT

Place a coin in your bank for each time you ask God for help this week. Gather clothing & shoe items for those who are working to make a better life for themselves and their family.

PRAY

God of Abundance, Thank you for helping me in my times of need. Bless the gifts of clothing I give to help others have a better life in this world. Amen.

Palm Sunday



READ

Matthew 27:11-54
Palm Sunday
Jesus Enters Jerusalem

WONDER

How did Jesus fulfill Old Testament scripture when he entered Jerusalem? What did the people shout as Jesus rode by?



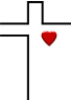













ACT









Place a coin in your bank each time you celebrate someone or something this week. Gather all the coins & items you have been collecting during Lent and take them to church this weekend in celebration for Jesus as He arrives in Jerusalem.

PRAY

Loving God, Thank you for the gift of your Son, Jesus, who came into the world so that all may have life abundantly. Bless the gifts I bring and use them to care for others. Amen.

+ Lent 2020 – Journey with the Saints: Quotes to ponder on our relationship with Christ Jesus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Prayer of Preparation:</i> Lord Jesus, may I follow your footsteps as I begin my Lenten journey. May I be supported by the Communion of Saints, who will guide me in my journey of faith, toward You, my Eternal Goal. Amen!</p> 			<p>February 26</p> <p>Conversion is a matter of a moment. Sanctification is the work of a lifetime. – <i>St. José María Escrivá</i></p>	<p>27</p> <p> To love God is something greater than to know Him. – <i>St. Thomas Aquinas</i></p>	<p>28</p> <p>Love God, serve God: everything is in that. – <i>St. Clare of Assisi</i></p>	<p>29</p> <p>It is simply impossible to lead a virtuous life, without the aid of prayer. – <i>St. John Chrysostom</i></p>
<p>March 1</p> <p> What do you possess if you possess not God? – <i>St. Augustine</i></p>	<p>2</p> <p>At the end of our life, we shall all be judged by charity. – <i>St. John of the Cross</i></p>	<p>3</p> <p>By prayer, man gives God the greatest glory possible. – <i>St. Peter Julian Eymard</i></p>	<p>4</p> <p>... give me a burning faith, a joyful hope, a holy love for Jesus Christ. – <i>St. Alphonsus Liguori</i></p> 	<p>5</p> <p>Diligence in prayer is the perfection of the Gospel. – <i>St. Aloysius Gonzaga</i></p>	<p>6</p> <p> Bear the cross and do not make the cross bear you. – <i>St. Philip Neri</i></p>	<p>7</p> <p>God wills that we should have nothing that has not passed through the hands of Mary. – <i>St. Bernard</i></p>
<p>8</p> <p>You say that you are weak? Have you fathomed the strength of God? – <i>St. Madeleine Sophie Barat</i></p>	<p>9</p> <p>It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you. – <i>St. John Paul II</i></p>	<p>10</p> <p>There is more value in a little study of humility and in a single act of it than in all the knowledge in the world. – <i>St. Teresa of Avila</i></p>	<p>11</p> <p> If you wish to go to extremes, let it be in sweetness, patience, humility, charity. – <i>St. Philip Neri</i></p>	<p>12</p> <p>When we pray, the voice of the heart must be heard more than that proceeding from the mouth. – <i>St. Bonaventure</i></p>	<p>13</p> <p> One just soul can obtain pardon for a thousand sinners. – <i>St. Margaret Mary Alacoque</i></p>	<p>14</p> <p> To Jesus we always go, and to him we always return, through Mary. – <i>St. José María Escrivá</i></p>
<p>15</p> <p>No sacrifice is more acceptable to God than zeal for souls. – <i>St. Gregory the Great</i></p> 	<p>16</p> <p> One must suffer to gain Eternal Life. – <i>St. Therese of Lisieux</i></p>	<p>17</p> <p> ... may the shield of God defend us, against the snares of evil and the temptations of the world. – <i>St. Patrick</i></p>	<p>18</p> <p>Prayer ought to be short and pure, unless it be prolonged by the inspiration of Divine grace. – <i>St. Benedict</i></p>	<p>19</p> <p> Solemnity of St. Joseph May your virtue not be noisy. – <i>St. José María Escrivá</i></p>	<p>20</p> <p>God is more anxious to bestow His blessings on us than we are to receive them. – <i>St. Augustine</i></p>	<p>21</p> <p>O God, I dedicate this new day to you... – <i>St. Ignatius of Loyola</i></p> 
<p>22</p> <p>I would give my life a thousand times that God might not be offended. – <i>St. Gerard Majella</i></p>	<p>23</p> <p>We always find that those who walked closest to Christ were those who had to bear the greatest trials. – <i>St. Teresa of Avila</i></p> 	<p>24</p> <p>Speak to me, O my God, let me know your will, for behold I am ready to fulfill your every command. – <i>St. John Neumann</i></p>	<p>25</p> <p>Solemnity of the Annunciation Let the soul of Mary be in each of us to magnify the Lord, and the spirit of Mary be in each of us to rejoice in God. – <i>St. Ambrose</i></p>	<p>26</p> <p>A soul in a state of grace has nothing to fear of demons who are cowards. – <i>St. Therese of Lisieux</i></p> 	<p>27</p> <p> Let the crucifix be not only in my eyes and on my breast, but in my heart. – <i>St. Bernadette</i></p>	<p>28</p> <p>If I succeed in saving only a single soul, I can be sure that my own will be saved. – <i>St. Dominic Savio</i></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 29  We should consider those moments spent before the Blessed Sacrament as the happiest of our lives. – St. John Vianney	Monday 30 What Saint has ever won his crown without first contending for it? – St. Jerome 	Tuesday 31 Trust the past to the Mercy of God, the present to His Love, and the future to His Providence. – St. Augustine	April 1 Prayer should be accomplished by grace and not by artifice. – St. Jeanne de Chantel 	Thursday 2 I seek not to understand in order that I may believe, rather, I believe in order that I may understand. – St. Anselm	Friday 3 Life without a cross is the heaviest cross of all. – St. Sebastian Valfre 	Saturday 4 It is not so much the length of a prayer, but the fervor with which it is said which pleases Almighty God and touches His heart. – St. Louis de Montfort 
5 Jesus, pierce my soul with your love so that I may always long for you alone... – St. Bonaventure	6  May the angel of peace watch over us and lead us at last by God's grace to the Kingdom. – St. Dominic	7 O Christ, let my greatest delight be to see you loved and your praise and glory proclaimed... – St. Faustina	8 There is no cross to bear that Christ has not already born for us, and does not now bear with us. – St. John Paul II	9 Stay with me, Lord, because I am weak and I need your strength... – St. Padre Pio 	+ Good Friday 10 Let us be glad when we are afflicted and the cross is most heavy on our shoulders, because... we will begin to be your disciples. – St. Paul of the Cross	11 If my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath. – St. John Vianney
April 12 Easter Sunday 	"You seek Jesus of Nazareth, the crucified. He has been raised..." (Mark 16: 6) – Alleluia! 