CHURCH OF THE PRESENTATION'S
2023 LENTEN TOOLBOX

MADE NEW
A LENTEN JOURNEY
JOIN OUR LENTEN JOURNEY & BE MADE NEW.
Fr. Bob and all of the Staff at Church of the Presentation welcome you to our Lenten Journey, as we seek to be made new and more deeply changed by our Lord. We pray this resource leads you along that journey and offers you new ideas and ways to enter into the season of Lent!

HOW TO USE THIS RESOURCE
This Lenten Toolbox is a collection of resources to help you and your family enter into this Lenten season. There are various videos and webpages that offer insights, reflections, and ideas for prayer, crafts, and other activities. We pray that these resources might lead you into a deeper place of reflection, prayer, and relationship with Jesus this Lenten season. As we are reminded of what it means for the Lord to make all things new, especially each one of us, we pray that Jesus will draw you to Himself and to His Heart which heals us, redeems us, frees us, and transforms us.

A PRAYER FOR THIS LENTEN SEASON
COME, HOLY SPIRIT.
WE INVITE YOU INTO OUR HEARTS THIS LENTEN SEASON.
WE ASK YOU TO ILLUMINE OUR HEARTS AND DRAW US INTO DEEPER RELATIONSHIP WITH JESUS THIS LENT.
MAY WE HAVE THE COURAGE TO APPROACH OUR LORD WITH A HEART OPEN AND UNDONE, WILLING AND READY TO BE MADE NEW, TO BE HEALED, TO BE TRANSFORMED, AND TO BE MADE LIKE UNTO JESUS.
MAY WE BE UNAFRAID TO PURSUE HIM WITH OUR WHOLE HEART.
THROUGH CHRIST OUR LORD,
AMEN.

And he who sat upon the throne said, “Behold, I make all things new.”
- Revelation 21:5
WHAT IS LENT?
Beginning on Ash Wednesday, Lent is a 40 day season of reflection and preparation that leads us to the Feast of Easter. By observing the 40 days of Lent, Christians imitate Jesus Christ’s sacrifice and withdrawal into the desert for 40 days. Lent is a time of personal and spiritual growth, a time to look inwardly at our hearts as well as outwardly toward our neighbor. It is marked by the spiritual pillars of prayer, fasting, and almsgiving, all of which can deepen our personal relationship with God and our neighbors, no matter where they may live. Lent calls us into deeper conversion of heart, so that we might more fully give ourselves to Jesus who gave himself fully for each one of us. By entering into this Lenten season, we allow God the opportunity to make us new, to transform our hearts, and to heal our souls, that we might be freed of all the holds us back from loving Him with our whole heart, mind, and soul.

Watch these videos that explain the meaning and practices of Lent:
- **What is Lent?** Lent is a journey in mercy. Lent is much more than just looking at ourselves – our journeys are intertwined. Watch these two videos for insight into the meaning of Lent.
- **Sometimes we lose our way on this journey of faith.** Sometimes we lose focus. Lent can help us admit that life is a journey back to God, and the best way to return is through Jesus and through the Church. See video.

Consider taking a few moments to respond to these journal prompts, either in thought or in writing:
- **What is my relationship with God like currently?** How do I desire to grow in that relationship this Lenten season?
- **What things act as roadblocks in my relationship with God?** How can I remove at least one of those this season?
- **What does it mean for me to be “Made New”?** Where am I aching for newness in my life? Where is my heart hurting and desiring the healing, redemptive Mercy of God?

“Remember not the former things nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.”
Isaiah 43:18-19
PILLAR 1: PRAYER

As Catholics, we believe that personal prayer is not complete unless our prayers are joined with the community of faith who is the living Body of Christ. The liturgy is the greatest form of prayer because together we receive the gift of the Holy Eucharist — the very real presence of the Risen Christ. Attending Mass is an essential part of a healthy prayer life. Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer and reflection, setting aside time each day to share our hopes, joys, fears, and frustrations with God. Praying first thing in the morning, while the house is still quiet, or talking to God while on your commute to work are simple ways to integrate prayer into everyday life. Pray with us using some of the prayer resources below.

- Sign up for Bishop Robert Barron’s Daily Lenten email reflection.
- Sign up for Dynamic Catholic’s Best Lent Ever daily email of prayer and reflection. It’s not about what we give up, it’s about who we become during Lent!
- Join us for our daily prayer offerings: Daily Mass (live and streamed) and the Daily Rosary (via website and Facebook).
- Sign up for our Lenten Roots series for adults via our website!
- See the section "More Prayer Resources" in this booklet for music, Scripture, and other ideas!

RECONCILE

Why should we celebrate the Sacrament of Reconciliation? Reconciliation offers us healing for both our soul and our spirit, and helps heal our relationship with God and others. This video by Fr. Mike Schmitz takes a look at the meaning and gift of Reconciliation.

Reconciliation will be offered at the following times: at Pardon and Peace on Tuesday, April 4 at 7:00pm, at RECON on Saturday, March 18 from 9:30-3pm, and daily at 9:30am following Daily Mass.

STATIONS OF THE CROSS

The Stations of the Cross is an ancient prayer form that began as a practice of pious pilgrims journeying to Jerusalem who would retrace the final journey of Jesus Christ to Calvary. Later, for the many who wanted to pass along the same route, but could not make the trip to Jerusalem, a practice developed that eventually took the form of the fourteen stations currently found in almost every church. Here are some ways you can pray the Stations of the Cross this Lent:

- Pray the Stations of the Cross with this Scripture resource.
- Listen to a podcast of the Stations here as you walk through the church and meditate at our beautiful stations there or at the ones outside on the path up the hill to the rectory.
- Pray the stations with us each week in person on Monday nights at 7pm.
MORE PRAYER RESOURCES

"We have to learn to pray: as it were learning this art ever anew from the lips of the Divine Master himself, like the first disciples: "Lord, teach us to pray!" (Luke 11:1). Prayer develops that conversation with Christ which makes us his intimate friends: "Abide in me and I in you" (John 15:4)...Wrought in us by the Holy Spirit, this reciprocity opens us, through Christ and in Christ, to contemplation of the Father's face." (NMI 32, St. John Paul II)

MUSIC TO LIFT YOUR SOUL

- Refresh Me by Leeland
- Making Me New by StillMorning
- I Shall Not Want by Audrey Assad
- On the Altar by UpperRoom
- Refiner by Maverick City Music
- Living Water by Mission House
- Lord, I Need You by Matt Maher
- ...and many more! Find them all on THIS Playlist!

DEVOTIONAL PRAYERS

- The Rosary, meditating on the Sorrowful Mysteries
- The Divine Mercy Chaplet
- The Stations of the Cross

OUTDOOR PRAYERS

- Outdoor Stations of the Cross located on our parish Campus.
- The Labyrinth
- Go for a walk outside and invite the Holy Spirit to be with you, to open your eyes!

BOOKS TO READ AND REFLECT ON:

- The Ascension Lenten Companion (Year A)
- The Holy Longing, by Ronald Rolheiser
- The Cries of Jesus from the Cross, by Fulton Sheen
- New Wine: Women's Devotional, by Blessed Is She
- Holy is His Name by Scott Hahn
- John 14:15-27 The Promise of the Holy Spirit
- John 15:1-11 Jesus is the Vine
- John 19:17-30 The Crucifixion of Jesus
- John 20:11-18 Jesus Appears to Mary Magdalene
- John 20:24-29 Thomas and Jesus
- Romans 8:18-30 The Dignity of Suffering
- Romans 8:31-39 The Love of God
- 1 Corinthians 15:35-58 Resurrection of the Body
- 2 Corinthians 12:9-11 Weakness Made Strong
- Philippians 2:1-11 Christ Humbled Himself

SCRIPTURE TO REFLECT ON:

- Matthew 8:5-13 Jesus Heals the Centurion’s Servant
- Mark 5:25-34 Jesus Heals the Hemorrhaging Woman
- Mark 5:21-24, 35-43 Jesus Raises a Little Girl to Life
- Luke 12:22-34 Do Not Worry
- Luke 15:11-28 The Prodigal Son
- John 6:22-59 The Bread of Life
- John 7:37-39 Living Water
- John 13:1-11 Jesus Washes the Disciples Feets
- John 14:1-7 Jesus is the Way, the Truth, & the Life
Charitable giving is a very ancient practice; almsgiving was normative long before the time of Jesus. The Lenten call to almsgiving means making the needs of other people our own. One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need. Lent is a time to prepare for Easter; it is a necessary prelude. The sacrificial practices of Lent prepare and purify us in body, mind, and spirit for the passion of our Lord and Savior, Jesus Christ.

What is Fasting?
Why do people fast?
What can we fast from?
Lent has traditionally been the season where we give something up, often sweets or a favorite food, in order to focus on the sacrifice Christ made on the cross and join ourselves to it. Fasting is much more than a means of developing self-control. Fasting is spiritual and physical purification: the pangs of hunger remind us of our hunger for God. Fasting and abstinence help us to participate more fully in the Cross of Christ. Lent is a time to fast from those things or habits that may have become a roadblock to our relationship with Christ.

• For information on WHY we fast: This video takes a deep look at why Christians fast – and it's not to get God’s attention or favor! We fast so we get to know ourselves better, learn the practice of discernment, and what it means to sacrifice. In the end, fasting helps us to become more like Jesus, which is a great way to look at Lent!

• For ideas on WHAT to fast from this Lent: Sometimes when we think of fasting, we think of giving up chocolate, or ice cream, or coffee. God calls us to give up so much more than just food! Maybe think about giving up complaining, gossip, or over-scheduling. Take a look at this resource that offers ideas for what we can give up during Lent! Check out this additional resource for ideas on what teens can give up for Lent!

PILLAR 3: ALMSGIVING

Charitable giving is a very ancient practice; almsgiving was normative long before the time of Jesus. The Lenten call to almsgiving means making the needs of other people our own. One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need. Lent is a time to prepare for Easter; it is a necessary prelude. The sacrificial practices of Lent prepare and purify us in body, mind, and spirit for the passion of our Lord and Savior, Jesus Christ.

Almsgiving flows from prayer and fasting. As we pray and reflect on the needs of the world, we begin to make room for others.

• Watch this brief video reflection on the meaning of the parable of the Good Samaritan and how the message should challenge each one of us to “go and do likewise.”

• This video by Franciscan Media looks at Almsgiving as a beautiful Lenten Practice that reminds us that we need mending and fixing. Lent is a time of restoration built on almsgiving, as we give of our own resources and excess to those who have gone without.
FOR FAMILIES AND CHILDREN

We invite families to engage in this Lenten season together. The Lenten season is both an opportunity to grow personally and communally, an opportunity to grow more deeply in faith on our own and together. We hope that you and your families can use this season to engage the practices of Prayer, Fasting, and Almsgiving so as to grow together and build up the domestic Church. We have compiled this list of resources in order to help your family engage in this mission and to equip your family with resources to grow in understanding of this beautiful liturgical season.

Here are some resources specifically for families and children!

- **An Animated Video on Ash Wednesday for Children**: This video explains the concept of Lent and Ash Wednesday for younger children.
- **This is a great way to explain Lent to your children with 4 main points on how to ready ourselves for this beautiful liturgical season.**
- **A Resource on Making Lent Meaningful for Children**: This is a teaching tool on the three pillars of prayer, fasting, and almsgiving and gives simple concepts and ideas for how to explain them to elementary-age children.
- **Resources for Families to Celebrate Lent**: This contains various resources including calendars, preparation checklists, and activities related to the three pillars of Lent.
- **Craft Idea on Creating a Lenten Chain**
- **A Resource on Fasting and Giving Up Things for Kids and Teens**
- **Stations of the Cross for Children** with both a video presentation and PDF guide to pray along with the stations throughout Lent.
- **“Drawing God” Stations of the Cross for Children**: Have your children draw their own Stations and then pray the Stations as a family. This is a fun and creative way to integrate the stations.


(CATECHISM 1666)

- POPE FRANCIS

WISHING YOU A BLESSED AND HOLY LENT,

The Staff at Presentation