

O.L.O.L
Maronite Flame Teens
Lenten Booklet



***"If any man would come after me, let him deny himself
and take up his cross daily and follow me." – Luke 9:23***

Introduction

It sometimes may be difficult to figure out what to abstain from or what extra activities you can undertake during Lent. The leaders of the Maronite Flame Teens have developed this Lenten booklet due to the overwhelming questions we receive every Lent on what is best to do during this challenging but rewarding season. This booklet aims to give every Teen daily tips, recommendations and challenges that they can undertake.

To gain the most fruits out of this experience, we recommend that the Teen read the daily tasks the night before. This booklet does not replace what you would normally do during Lent, it is an aid to help you do 'extra' this Lenten season. Your Teen leaders will also be undertaking the daily tasks with you.

When performing a 'Challenge', offer the suffering up for a particular intention, as we receive special graces when we suffer in union with Christ. As Jesus says to St. Paul *"My grace is sufficient for you, for my power is made perfect in weakness."* (2 Corinthians 12:9). It is precisely in human suffering where Christ's power rests upon us. It is OK if you cannot complete a 'Challenge' – Don't worry, they are not compulsory.

In the Maronite Church, The Entrance into the Season of Great Lent begins on Cana Sunday and ends on Temptation Friday, where Christ is tempted in the wilderness for 40 days. In this season, we imitate Christ in the wilderness during 40 days of prayer and abstinence. The Maronite church then begins the Season of Passion Week on Lazarus Saturday and concludes on the Saturday of the Light, the day prior to the Resurrection of Jesus. It is on Lazarus Saturday that Christ raises his friend Lazarus from the dead, and gives us hope that we too, may be raised at the last day *"I am the resurrection and the life; he who believes in me, though he die, yet shall he live"* (John 11:25). The raising of Lazarus is an anticipation of his own resurrection that he was to accomplish on Easter Sunday.

We hope you enjoy this truly rewarding experience!

Day 1: Ash Monday

24th February 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Attend Mass and receive the ‘ashes’

Challenge:

1. Abstain from Dairy
2. Read Matthew 6:16-21

Matthew 6:16-21

“And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have their reward.

But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal.

For where your treasure is, there will your heart be also.”

Day 2: Tuesday

25th February 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Read Matthew 6:5-15

Challenge:

1. Do not watch any TV / digital media from 4pm-7pm
2. Pray the 'St. Michael the Archangel' prayer (Page 54)

Matthew 6:5-15

"And when you pray, you must not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, that they may be seen by men. Truly, I say to you, they have their reward.

But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. And in praying do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him.

Pray then like this:

Our Father who art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done, On earth as it is in heaven.

Give us this day our daily bread; And forgive us our debts, As we also have forgiven our debtors; And lead us not into temptation, But deliver us from evil.

For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

Day 3: Wednesday

26th February 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Read Matthew 6:1-4

Challenge:

1. Have a conversation with someone you don't usually speak to at school, at work or in your parish
2. Have a shower and at the end, turn the water cold and pray a 'Hail Mary'

Matthew 6:1-4

"Beware of practicing your piety before men in order to be seen by them; for then you will have no reward from your Father who is in heaven.

Thus, when you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have their reward.

But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you."

Day 4: Thursday

27th February 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Read Matthew 6:25-34

Challenge:

1. Pray 3 'Hail Mary's' for someone you never prayed for before
2. Abstain from eating any chocolate, chips or sweets

Matthew 6:25-34

"Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing?"

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these.

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day."

Day 5: Friday

28th February 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat & dairy
3. Attend *'The Stations of the Cross'* at Our Lady of Lebanon Co-Cathedral

Challenge:

1. Examine your conscience and write down all your sins on a paper (and keep in a safe place)
2. Read 2 Thessalonians 3:6-14

2 Thessalonians 3:6-14

Now we command you, brethren, in the name of our Lord Jesus Christ, that you keep away from any brother who is living in idleness and not in accord with the tradition that you received from us. For you yourselves know how you ought to imitate us; we were not idle when we were with you, we did not eat any one's bread without paying, but with toil and labour we worked night and day, that we might not burden any of you.

It was not because we have not that right, but to give you in our conduct an example to imitate. For even when we were with you, we gave you this command: If any one will not work, let him not eat. For we hear that some of you are living in idleness, mere busybodies, not doing any work. Now such persons we command and exhort in the Lord Jesus Christ to do their work in quietness and to earn their own living. Brethren, do not be weary in well-doing. If any one refuses to obey what we say in this letter, note that man, and have nothing to do with him, that he may be ashamed. Do not look on him as an enemy, but warn him as a brother.

Day 6: Saturday

29th February 2020

Recommended:

1. Clean the dishes at home after a meal
2. Pray the 'Angelus' prayer at midday (Page 54)
3. Attend teens (If you're in Year 7-9)

Challenge:

1. Pray a decade of the Rosary (1st Sorrowful Mystery)
2. Read Luke 18:9-14

Luke 18:9-14

He also told this parable to some who trusted in themselves that they were righteous and despised others:

"Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!'

I tell you, this man went down to his house justified rather than the other; for every one who exalts himself will be humbled, but he who humbles himself will be exalted."

Day 7: Sunday of the Leper

1st March 2020

Feast of Guardian Angels

Recommended:

1. Attend Mass
2. Pray the 'Guardian Angel' prayer (Page 55)
3. Enjoy a meal with your family (not on your own!)

Challenge:

1. Go to Confession (using your paper of sins from Friday!)
2. Read Mark 1:35-43

Mark 1:35-43

And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed. And Simon and those who were with him followed him, and they found him and said to him, *"Every one is searching for you."* And he said to them, *"Let us go on to the next towns, that I may preach there also; for that is why I came out."* And he went throughout all Galilee, preaching in their synagogues and casting out demons.

And a leper came to him beseeching him, and kneeling said to him, *"If you will, you can make me clean."* Moved with pity, he stretched out his hand and touched him, and said to him, *"I will; be clean."*

And immediately the leprosy left him, and he was made clean. And he sternly charged him, and sent him away at once.

Day 8: Monday

2nd March 2020

[Feast of St. John Maroun](#)

Recommended:

1. Abstain from soft drinks and juice
2. Start a conversation with someone at school about Jesus
3. Read Matthew 5:13-17

Challenge:

1. Abstain from all social media (including Instagram, Facebook, Snapchat, TikTok, Youtube, etc.)
2. Eat all meals throughout the day without complaining

Matthew 5:13-17

“You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trodden under foot by men.

You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house.

Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them.”

Day 9: Tuesday

3rd March 2020

Feast of St. Thomas Aquinas

Recommended:

1. Research St. Thomas Aquinas and learn why he is called ‘*Doctor of The Church*’
2. Do not participate in any gossip at school or work
3. Read Matthew 7:1-12

Challenge:

1. Do not Judge others – Offer a prayer for them instead and ask God for the gift of Humility
2. Abstain from entertainment (TV & games)

Matthew 7:1-12

“Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and the measure you give will be the measure you get. Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye. Do not give dogs what is holy; and do not throw your pearls before swine, lest they trample them under foot and turn to attack you. Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him! So whatever you wish that men would do to you, do so to them; for this is the law and the prophets.”

Day 10: Wednesday

4th March 2020

Recommended:

1. Abstain from all forms of Dairy
2. Clean your room
3. Read Matthew 12:38-45

Challenge:

1. Pray two decades of the rosary (1st and 2nd Sorrowful Mysteries)
2. Change the wallpaper on your phone to an icon of 'The Blessed Virgin Mary' (Leave it for the duration of Lent!)

Matthew 12:38-45

Then some of the scribes and Pharisees said to him, "Teacher, we wish to see a sign from you." But he answered them, "An evil and adulterous generation seeks for a sign; but no sign shall be given to it except the sign of the prophet Jonah. For as Jonah was three days and three nights in the belly of the whale, so will the Son of man be three days and three nights in the heart of the earth. The men of Nin'evah will arise at the judgment with this generation and condemn it; for they repented at the preaching of Jonah, and behold, something greater than Jonah is here. The queen of the South will arise at the judgment with this generation and condemn it; for she came from the ends of the earth to hear the wisdom of Solomon, and behold, something greater than Solomon is here.

When the unclean spirit has gone out of a man, he passes through waterless places seeking rest, but he finds none. Then he says, 'I will return to my house from which I came.' And when he comes he finds it empty, swept, and put in order. Then he goes and brings with him seven other spirits more evil than himself, and they enter and dwell there; and the last state of that man becomes worse than the first. So shall it be also with this evil generation."

Day 11: Thursday

5th March 2020

Recommended:

1. Abstain from all social media (including Instagram, Facebook, Snapchat, TikTok, Youtube, etc.)
2. Do not eat anything after dinner
3. Read Philippians 4:4-10

Challenge:

1. Abstain from music (hymns allowed)
2. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm

Philippians 4:4-10

Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

Finally, brethren, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

I rejoice in the Lord greatly that now at length you have revived your concern for me; you were indeed concerned for me, but you had no opportunity.

Day 12: Friday

6th March 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Attend *'The Stations of the Cross'* at Our Lady of Lebanon Co-Cathedral

Challenge:

1. Forgive someone in your life who has hurt you
2. Read Romans 1:18-25

Romans 1:18-25

For the wrath of God is revealed from heaven against all ungodliness and wickedness of men who by their wickedness suppress the truth. For what can be known about God is plain to them, because God has shown it to them. Ever since the creation of the world his invisible nature, namely, his eternal power and deity, has been clearly perceived in the things that have been made. So they are without excuse; for although they knew God they did not honour him as God or give thanks to him, but they became futile in their thinking and their senseless minds were darkened. Claiming to be wise, they became fools, and exchanged the glory of the immortal God for images resembling mortal man or birds or animals or reptiles.

Therefore God gave them up in the lusts of their hearts to impurity, to the dishonouring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed for ever! Amen.

Day 13: Saturday

7th March 2020

Recommended:

1. Go for a walk for 10 mins
2. Pray the 'Angelus' prayer at midday (Page 54)
3. Offer to prepare breakfast for a family member

Challenge:

1. Bring a friend to Teens who hasn't come this year yet (If you're in Year 7-9)
2. Read Mark 11:19-25

Mark 11:19-25

And when evening came they went out of the city. As they passed by in the morning, they saw the fig tree withered away to its roots. And Peter remembered and said to him, *"Master, look! The fig tree which you cursed has withered."*

And Jesus answered them, *"Have faith in God. Truly, I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you receive it, and you will. And whenever you stand praying, forgive, if you have anything against any one; so that your Father also who is in heaven may forgive you your trespasses."*

Day 14: Sunday of the Haemorrhaging Woman

8th March 2020

Recommended:

1. Attend Mass
2. Compliment a member of your family
3. Enjoy a meal with your family (not on your own!)

Challenge:

1. Arrive 15 minutes early for mass - Offer it up for an increase in the virtue of Faith
2. Read Luke 8:40-56

Luke 8:40-56

Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. And there came a man named Ja'irus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by any one, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased.

And Jesus said, *"Who was it that touched me?"* When all denied it, Peter said, *"Master, the multitudes surround you and press upon you!"* But Jesus said, *"Some one touched me; for I perceive that power has gone forth from me."*

And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, *"Daughter, your faith has made you well; go in peace."*

While he was still speaking, a man from the ruler's house came and said, *"Your daughter is dead; do not trouble the Teacher any more."* But Jesus on hearing this answered him, *"Do not fear; only believe, and she shall be well."*

And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, *"Do not weep; for she is not dead but sleeping."*

And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, *"Child, arise."* And her spirit returned, and she got up at once; and he directed that something should be given her to eat.

And her parents were amazed; but he charged them to tell no one what had happened.

Day 15: Monday

9th March 2020

[Feast of The 40 Martyrs](#) (No Abstinence & No Fasting)

Recommended:

1. Pray a decade of the Rosary on the way to school or work (4th Sorrowful mystery)
2. Prepare the table for dinner and pack up the dishes afterwards
3. Look up who the '40 Martyrs of Cappadocia' are and why their feast is celebrated today

Challenge:

1. Have a slightly 'colder than normal' shower
2. Read Luke 6:20-23

Luke 6:20-23

And he lifted up his eyes on his disciples, and said:

"Blessed are you poor, for yours is the kingdom of God.

Blessed are you that hunger now, for you shall be satisfied.

Blessed are you that weep now, for you shall laugh.

Blessed are you when men hate you, and when they exclude you and revile you, and cast out your name as evil, on account of the Son of man!

Rejoice in that day, and leap for joy, for behold, your reward is great in heaven; for so their fathers did to the prophets."

Day 16: Tuesday

10th March 2020

Recommended:

1. Pray Day 1 of the 'St. Joseph Novena' (Page 56)
2. Abstain from all junk food
3. Read Matthew 23:1-12

Challenge:

1. Listen to 'Ya Oum Allah' by Fairouz
2. Make a new friend at school

Matthew 23:1-12

Then said Jesus to the crowds and to his disciples,

"The scribes and the Pharisees sit on Moses' seat; so practice and observe whatever they tell you, but not what they do; for they preach, but do not practice.

They bind heavy burdens, hard to bear, and lay them on men's shoulders; but they themselves will not move them with their finger.

They do all their deeds to be seen by men; for they make their phylacteries broad and their fringes long, and they love the place of honour at feasts and the best seats in the synagogues, and salutations in the market places, and being called rabbi by men.

But you are not to be called rabbi, for you have one teacher, and you are all brethren. And call no man your father on earth, for you have one Father, who is in heaven. Neither be called masters, for you have one master, the Christ.

He who is greatest among you shall be your servant; whoever exalts himself will be humbled, and whoever humbles himself will be exalted."

Day 17: Wednesday

11th March 2020

Recommended:

1. Pray Day 2 of the 'St. Joseph Novena' (Page 56)
2. Abstain from all forms of dairy
3. Read Matthew 17:10-13

Challenge:

1. Abstain from all social media (including Instagram, Facebook, Snapchat, TikTok, Youtube, etc.)
2. Have a 10 minute conversation with one of your parents

Matthew 17:10-13

And the disciples asked him,

"Then why do the scribes say that first Eli'jah must come?"

He replied, *"Eli'jah does come, and he is to restore all things; but I tell you that Eli'jah has already come, and they did not know him, but did to him whatever they pleased. So also the Son of man will suffer at their hands."*

Then the disciples understood that he was speaking to them of John the Baptist.

Day 18: Thursday

12th March 2020

Recommended:

1. Pray Day 3 of the '*St. Joseph Novena*' (Page 56)
2. Abstain from soft drinks and juice
3. Read Galatians 1:1-10

Challenge:

1. Pray a decade of the Rosary kneeling against your bed (5th Sorrowful mystery)
2. Attend '*Adoration*' at Our Lady of Lebanon Co-Cathedral at 8pm

Galatians 1:1-10

Paul an apostle—not from men nor through man, but through Jesus Christ and God the Father, who raised him from the dead— and all the brethren who are with me,

To the churches of Galatia:

Grace to you and peace from God the Father and our Lord Jesus Christ, who gave himself for our sins to deliver us from the present evil age, according to the will of our God and Father; to whom be the glory for ever and ever. Amen. I am astonished that you are so quickly deserting him who called you in the grace of Christ and turning to a different gospel—not that there is another gospel, but there are some who trouble you and want to pervert the gospel of Christ. But even if we, or an angel from heaven, should preach to you a gospel contrary to that which we preached to you, let him be accursed. As we have said before, so now I say again, If any one is preaching to you a gospel contrary to that which you received, let him be accursed.

Am I now seeking the favour of men, or of God? Or am I trying to please men? If I were still pleasing men, I should not be a servant of Christ.

Day 19: Friday

13th March 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Attend *'The Stations of the Cross'* at Our Lady of Lebanon Co-Cathedral
4. Pray Day 4 of the *'St. Joseph Novena'* (Page 56)

Challenge:

1. Read Luke 12:16-21

Luke 12:16-21

And he told them a parable, saying,

"The land of a rich man brought forth plentifully; and he thought to himself, 'What shall I do, for I have nowhere to store my crops?'

And he said, 'I will do this: I will pull down my barns, and build larger ones; and there I will store all my grain and my goods. And I will say to my soul, Soul, you have ample goods laid up for many years; take your ease, eat, drink, be merry.'

But God said to him, 'Fool! This night your soul is required of you; and the things you have prepared, whose will they be?'

So is he who lays up treasure for himself, and is not rich toward God."

Day 20: Saturday

14th March 2020

Recommended:

1. Pray Day 5 of the 'St. Joseph Novena' (Page 56)
2. Attend Teens - Approach a leader from your year group, and say the secret code '1977' to obtain something special (If you're in Year 7-9)
3. Pray the 'Angelus' prayer at midday (Page 54)

Challenge:

1. Go for a 10 minute run or 30 minute walk
2. Read 2 Timothy 3:1-9

2 Timothy 3:1-9

But understand this, that in the last days there will come times of stress. For men will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, inhuman, implacable, slanderers, profligates, fierce, haters of good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, holding the form of religion but denying the power of it. Avoid such people.

For among them are those who make their way into households and capture weak women, burdened with sins and swayed by various impulses, who will listen to anybody and can never arrive at a knowledge of the truth. As Jannes and Jambres opposed Moses, so these men also oppose the truth, men of corrupt mind and counterfeit faith; but they will not get very far, for their folly will be plain to all, as was that of those two men.

Day 21: Sunday of the Prodigal Son

15th March 2020

Recommended:

1. Attend Mass
2. Go to Confession (if you haven't been yet this Lent, or if you're feeling courageous!).
3. Pray Day 6 of the 'St. Joseph Novena' (Page 56)

Challenge:

1. Apologize to someone in your life who you have hurt
2. Read Luke 15:11-32

Luke 15:11-32

And he said,

"There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of property that falls to me.' And he divided his living between them.

Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want.

So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything.

But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants."'

And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.'

But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry.

Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.'

But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!'

And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

Day 22: Monday

16th March 2020

Recommended:

1. Pray Day 7 of the 'St. Joseph Novena' (Page 56)
2. Skip breakfast and fast until Recess
3. Do not watch any TV / digital media after school

Challenge:

1. Abstain from foods containing sugar
2. Read Luke 9:37-45

Luke 9:37-45

On the next day, when they had come down from the mountain, a great crowd met him. And behold, a man from the crowd cried, *"Teacher, I beg you to look upon my son, for he is my only child; and behold, a spirit seizes him, and he suddenly cries out; it convulses him till he foams, and shatters him, and will hardly leave him. And I begged your disciples to cast it out, but they could not."*

Jesus answered, *"O faithless and perverse generation, how long am I to be with you and bear with you? Bring your son here."* While he was coming, the demon tore him and convulsed him. But Jesus rebuked the unclean spirit, and healed the boy, and gave him back to his father. And all were astonished at the majesty of God.

But while they were all marvelling at everything he did, he said to his disciples, *"Let these words sink into your ears; for the Son of man is to be delivered into the hands of men."*

But they did not understand this saying, and it was concealed from them, that they should not perceive it; and they were afraid to ask him about this saying.

Day 23: Tuesday

17th March 2020

Feast of St. Patrick

Recommended:

1. Pray Day 8 of the 'St. Joseph Novena' (Page 56)
2. Look up who St. Patrick is and why he used a '3-leaf clover' for preaching
3. Read Mark 8:22-26

Challenge:

1. Do not stay awake past 10pm
2. Do not check your smartphone when you are with people

Mark 8:22-26

And they came to Beth-sa'ida. And some people brought to him a blind man, and begged him to touch him. And he took the blind man by the hand, and led him out of the village; and when he had spit on his eyes and laid his hands upon him, he asked him, "*Do you see anything?*"

And he looked up and said, "*I see men; but they look like trees, walking.*" Then again he laid his hands upon his eyes; and he looked intently and was restored, and saw everything clearly.

And he sent him away to his home, saying, "*Do not even enter the village.*"

Day 24: Wednesday

18th March 2020

Recommended:

1. Pray Day 9 of the 'St. Joseph Novena' (Page 56)
2. Abstain from all forms of dairy
3. Read Luke 7:1-10

Challenge:

1. **Attend the Teens 'Stations of the Cross' at OLOL 8pm**
2. Wear the Miraculous Medal until the end of Lent (If you do not have one, make sure to attend the Teens Stations of The Cross to receive one!)

Luke 7:1-10

After he had ended all his sayings in the hearing of the people he entered Caper'na-um. Now a centurion had a slave who was dear to him, who was sick and at the point of death. When he heard of Jesus, he sent to him elders of the Jews, asking him to come and heal his slave. And when they came to Jesus, they besought him earnestly, saying, *"He is worthy to have you do this for him, for he loves our nation, and he built us our synagogue."* And Jesus went with them. When he was not far from the house, the centurion sent friends to him, saying to him, *"Lord, do not trouble yourself, for I am not worthy to have you come under my roof; therefore I did not presume to come to you. But say the word, and let my servant be healed. For I am a man set under authority, with soldiers under me: and I say to one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my slave, 'Do this,' and he does it."* When Jesus heard this he marvelled at him, and turned and said to the multitude that followed him, *"I tell you, not even in Israel have I found such faith."* And when those who had been sent returned to the house, they found the slave well.

Day 25: Thursday

19th March 2020

[Feast of St. Joseph](#) (No Abstinence & No Fasting)

Recommended:

1. Pray to St. Joseph and offer up a prayer of Thanksgiving
2. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm
3. Print an icon of St. Joseph and place it in your bedroom next to your bed

Challenge:

1. Only speak when necessary (Silence speaks volumes!)
2. Read Matthew 1:18-25

Matthew 1:18-25

Now the birth of Jesus Christ took place in this way. When his mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; and her husband Joseph, being a just man and unwilling to put her to shame, resolved to send her away quietly.

But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, "*Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call his name Jesus, for he will save his people from their sins.*"

All this took place to fulfil what the Lord had spoken by the prophet: "*Behold, a virgin shall conceive and bear a son, and his name shall be called Emman'u-el*" (which means, God with us).

When Joseph woke from sleep, he did as the angel of the Lord commanded him; he took his wife, but knew her not until she had borne a son; and he called his name Jesus.

Day 26: Friday

20th March 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Attend *'The Stations of the Cross'* at Our Lady of Lebanon Co-Cathedral

Challenge:

1. Prepare a hard question about the Faith to ask a Teens leader next lesson
2. Read Matthew 9:27-35

Matthew 9:27-35

And as Jesus passed on from there, two blind men followed him, crying aloud, *"Have mercy on us, Son of David."*

When he entered the house, the blind men came to him; and Jesus said to them, *"Do you believe that I am able to do this?"* They said to him, *"Yes, Lord."* Then he touched their eyes, saying, *"According to your faith be it done to you."*

And their eyes were opened. And Jesus sternly charged them, *"See that no one knows it."* But they went away and spread his fame through all that district.

As they were going away, behold, a dumb demoniac was brought to him. And when the demon had been cast out, the dumb man spoke; and the crowds marvelled, saying, *"Never was anything like this seen in Israel."* But the Pharisees said, *"He casts out demons by the prince of demons."*

And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

Day 27: Saturday

21st March 2020

Recommended:

1. Clean your room
2. Attend Teens – Ask a Teen leader the ‘*Hard question*’ you prepared yesterday (If you’re in Year 7-9)
3. Pray the ‘*Angelus*’ prayer at midday (Page 54)

Challenge:

1. Have a shower and at the end, turn the water cold and pray an ‘*Our Father and Hail Mary*’
2. Read Mark 3:1-12

Mark 3:1-12

Again he entered the synagogue, and a man was there who had a withered hand. And they watched him, to see whether he would heal him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, “*Come here.*” And he said to them, “*Is it lawful on the sabbath to do good or to do harm, to save life or to kill?*” But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “*Stretch out your hand.*” He stretched it out, and his hand was restored. The Pharisees went out, and immediately held counsel with the Hero’di-ans against him, how to destroy him. Jesus withdrew with his disciples to the sea, and a great multitude from Galilee followed; also from Judea and Jerusalem and Idume’a and from beyond the Jordan and from about Tyre and Sidon a great multitude, hearing all that he did, came to him. And he told his disciples to have a boat ready for him because of the crowd, lest they should crush him; for he had healed many, so that all who had diseases pressed upon him to touch him.

And whenever the unclean spirits beheld him, they fell down before him and cried out, “*You are the Son of God.*” And he strictly ordered them not to make him known.

Day 28: Sunday of the Paralytic

22nd March 2020

Recommended:

1. Attend Mass
2. Enjoy a meal with your family (not on your own!)
3. Listen to 'Ya Oum Allah' by Fairouz and pray 3 'Hail Mary's'

Challenge:

1. Spend 10 minutes in prayer before bed
2. Read Mark 2:1-12

Mark 2:1-12

And when he returned to Caper'na-um after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay.

And when Jesus saw their faith, he said to the paralytic, *"My son, your sins are forgiven."* Now some of the scribes were sitting there, questioning in their hearts, *"Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?"* And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, *"Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—*he said to the paralytic—*"I say to you, rise, take up your pallet and go home."* And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, *"We never saw anything like this!"*

Day 29: Monday

23rd March 2020

[Feast of St. Rafqa](#) (No Abstinence & No Fasting)

Recommended:

1. Pray the 'St. Rafqa' prayer (Page 55)
2. Compliment your teachers
3. Pick up 10 pieces of rubbish at school

Challenge:

1. Whatever the last game you played on your phone is ... Un-install it for the rest of Lent
2. Read Luke 10:38-42

Luke 10:38-42

Now as they went on their way, he entered a village; and a woman named Martha received him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching.

But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me."

But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her."

Day 30: Tuesday

24th March 2020

Recommended:

1. Abstain from all desserts & sweets
2. Do not listen to any music except hymns
3. Read Mark 6:47-56

Challenge:

1. Pray the full Rosary (Sorrowful mysteries)
2. Study a subject you don't like for at least 30 minutes

Mark 6:47-56

And when evening came, the boat was out on the sea, and he was alone on the land. And he saw that they were distressed in rowing, for the wind was against them. And about the fourth watch of the night he came to them, walking on the sea. He meant to pass by them, but when they saw him walking on the sea they thought it was a ghost, and cried out; for they all saw him, and were terrified.

But immediately he spoke to them and said, *“Take heart, it is I; have no fear.”* And he got into the boat with them and the wind ceased. And they were utterly astounded, for they did not understand about the loaves, but their hearts were hardened.

And when they had crossed over, they came to land at Gennes'aret, and moored to the shore. And when they got out of the boat, immediately the people recognized him, and ran about the whole neighbourhood and began to bring sick people on their pallets to any place where they heard he was.

And wherever he came, in villages, cities, or country, they laid the sick in the market places, and besought him that they might touch even the fringe of his garment; and as many as touched it were made well.

Day 31: Wednesday

25th March 2020

Feast of The Annunciation (No Abstinence & No Fasting)

Recommended:

1. Pray a decade of the Rosary (1st Joyful mystery)
2. Wear a Rosary around your neck for the day
3. Pray a quick prayer for your enemies

Challenge:

1. Donate your Rosary to someone who has never prayed it before
2. Read Luke 1:26-38

Luke 1:26-38

In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "*Hail, full of grace, the Lord is with you!*" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "*Do not be afraid, Mary, for you have found favour with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob for ever; and of his kingdom there will be no end.*" And Mary said to the angel, "*How can this be, since I have no husband?*" And the angel said to her, "*The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God. And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. For with God nothing will be impossible.*" And Mary said, "*Behold, I am the handmaid of the Lord; let it be to me according to your word.*" And the angel departed from her.

Day 32: Thursday

26th March 2020

Feast of St. Gabriel the Archangel

Recommended:

1. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm
2. Pray the 'St. Gabriel the Archangel' prayer (Page 55)
3. Abstain from all drinks except water

Challenge:

1. Sort out clothes in your closet and place old clothes in a bag for donations
2. Read Mark 4:33-41

Mark 4:33-41

With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them without a parable, but privately to his own disciples he explained everything.

On that day, when evening had come, he said to them, "*Let us go across to the other side.*" And leaving the crowd, they took him with them, just as he was, in the boat. And other boats were with him.

And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, "*Teacher, do you not care if we perish?*" And he awoke and rebuked the wind, and said to the sea, "*Peace! Be still!*" And the wind ceased, and there was a great calm.

He said to them, "*Why are you afraid? Have you no faith?*" And they were filled with awe, and said to one another, "*Who then is this, that even wind and sea obey him?*"

Day 33: Friday

27th March 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Attend *'The Stations of the Cross'* at Our Lady of Lebanon Co-Cathedral

Challenge:

1. Type in YouTube *'Jesus of Nazareth - Part 33'* and watch the video clip
2. Read Philippians 2:12-19

Philippians 2:12-19

Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling; for God is at work in you, both to will and to work for his good pleasure.

Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life, so that in the day of Christ I may be proud that I did not run in vain or labour in vain.

Even if I am to be poured as a libation upon the sacrificial offering of your faith, I am glad and rejoice with you all. Likewise you also should be glad and rejoice with me.

I hope in the Lord Jesus to send Timothy to you soon, so that I may be cheered by news of you.

Day 34: Saturday

28th March 2020

Recommended:

1. Attend Teens (If you're in Year 7-9)
2. Pray the 'Angelus' prayer at midday (Page 54)
3. Help your family prepare lunch or dinner

Challenge:

1. Arrive 15 minutes early to Teens and spend that time in the Church praying
2. Read Mark 7:31-37

Mark 7:31-37

Then he returned from the region of Tyre, and went through Sidon to the Sea of Galilee, through the region of the Decap'olis. And they brought to him a man who was deaf and had an impediment in his speech; and they besought him to lay his hand upon him.

And taking him aside from the multitude privately, he put his fingers into his ears, and he spat and touched his tongue; and looking up to heaven, he sighed, and said to him, "*Eph'phatha,*" that is, "*Be opened.*"

And his ears were opened, his tongue was released, and he spoke plainly. And he charged them to tell no one; but the more he charged them, the more zealously they proclaimed it.

And they were astonished beyond measure, saying, "*He has done all things well; he even makes the deaf hear and the dumb speak.*"

Day 35: Sunday of the Blind

29th March 2020

Recommended:

1. Attend Mass
2. Pray this prayer ten times throughout the day *'Lord Jesus Christ, Son of the living God, Have Mercy on me a Sinner!'*
3. Do not stay awake past 10pm

Challenge:

1. Iron 5 pieces of clothing at home
2. Read Mark 10:46-52

Mark 10:46-52

And they came to Jericho; and as he was leaving Jericho with his disciples and a great multitude, Bartimae'us, a blind beggar, the son of Timae'us, was sitting by the roadside. And when he heard that it was Jesus of Nazareth, he began to cry out and say, *"Jesus, Son of David, have mercy on me!"*

And many rebuked him, telling him to be silent; but he cried out all the more, *"Son of David, have mercy on me!"*

And Jesus stopped and said, *"Call him."* And they called the blind man, saying to him, *"Take heart; rise, he is calling you."* And throwing off his mantle he sprang up and came to Jesus.

And Jesus said to him, *"What do you want me to do for you?"* And the blind man said to him, *"Master, let me receive my sight."*

And Jesus said to him, *"Go your way; your faith has made you well."* And immediately he received his sight and followed him on the way.

Day 36: Monday

30th March 2020

Recommended:

1. Abstain from chocolates and lollies
2. Look up the *'Fifteen promises of the Holy Rosary'*
3. Donate the *'Miraculous Medal'* you have been wearing (remember Day 24?) to someone who does not own one

Challenge:

1. Do not watch any TV from 4pm – 8pm
2. Read John 7:32-36

John 7:32-36

The Pharisees heard the crowd thus muttering about him, and the chief priests and Pharisees sent officers to arrest him.

Jesus then said, *"I shall be with you a little longer, and then I go to him who sent me; you will seek me and you will not find me; where I am you cannot come."*

The Jews said to one another, *"Where does this man intend to go that we shall not find him? Does he intend to go to the Dispersion among the Greeks and teach the Greeks? What does he mean by saying, 'You will seek me and you will not find me,' and, 'Where I am you cannot come'?"*

Day 37: Tuesday

31st March 2020

Recommended:

1. Abstain from all social media (including Instagram, Facebook, Snapchat, TikTok, Youtube, etc.)
2. Do not eat anything between meals
3. Have a conversation with someone at school about the *'Fifteen promises of the Holy Rosary'*

Challenge:

1. Have a cold shower (CAUTION! Attempt at your own risk!)
2. Read John 7:1-13

John 7:1-13

After this Jesus went about in Galilee; he would not go about in Judea, because the Jews sought to kill him. Now the Jews' feast of Tabernacles was at hand. So his brethren said to him, *"Leave here and go to Judea, that your disciples may see the works you are doing. For no man works in secret if he seeks to be known openly. If you do these things, show yourself to the world."* For even his brethren did not believe in him.

Jesus said to them, *"My time has not yet come, but your time is always here. The world cannot hate you, but it hates me because I testify of it that its works are evil. Go to the feast yourselves; I am not going up to this feast, for my time has not yet fully come."* So saying, he remained in Galilee.

But after his brethren had gone up to the feast, then he also went up, not publicly but in private. The Jews were looking for him at the feast, and saying, *"Where is he?"* And there was much muttering about him among the people. While some said, *"He is a good man,"* others said, *"No, he is leading the people astray."* Yet for fear of the Jews no one spoke openly of him.

Day 38: Wednesday

1st April 2020

Recommended:

1. Abstain from all forms of dairy
2. During school, leave your phone in your bag unless necessary
3. Pray with a friend '3 Hail Mary's'

Challenge:

1. Place a rock in your shoe and walk in it the whole day without telling anyone *April Fools! – No but seriously, some saints used to actually do this! - Look up which saints they are*
2. Read 1 Thessalonians 4:1-9

1 Thessalonians 4:1-9

Finally, brethren, we beseech and exhort you in the Lord Jesus, that as you learned from us how you ought to live and to please God, just as you are doing, you do so more and more.

For you know what instructions we gave you through the Lord Jesus. For this is the will of God, your sanctification: that you abstain from immorality; that each one of you know how to control his own body in holiness and honour, not in the passion of lust like heathen who do not know God; that no man transgress, and wrong his brother in this matter, because the Lord is an avenger in all these things, as we solemnly forewarned you.

For God has not called us for uncleanness, but in holiness. Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.

But concerning love of the brethren you have no need to have any one write to you, for you yourselves have been taught by God to love one another.

Day 39: Thursday

2nd April 2020

Recommended:

1. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm
2. Do not use any elevators or escalators, simply use the stairs
3. Abstain from salty foods

Challenge:

1. At 8pm, go outside and kneel down in the grass... Pray an 'Our Father, Hail Mary and Glory Be' for the Holy Souls in Purgatory
2. Read Luke 18:31-34

Luke 18:31-34

And taking the twelve, he said to them, *"Behold, we are going up to Jerusalem, and everything that is written of the Son of man by the prophets will be accomplished. For he will be delivered to the Gentiles, and will be mocked and shamefully treated and spit upon; they will scourge him and kill him, and on the third day he will rise."*

But they understood none of these things; this saying was hid from them, and they did not grasp what was said.

Day 40: Friday of the Temptations of Jesus in the Wilderness

3rd April 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Attend *'The Stations of the Cross'* at Our Lady of Lebanon Co-Cathedral

Challenge:

1. Type in YouTube *'Jesus of Nazareth - Part 34'* and watch the video clip
2. Read Luke 4:1-13

Luke 4:1-13

And Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit for forty days in the wilderness, tempted by the devil. And he ate nothing in those days; and when they were ended, he was hungry. The devil said to him, *"If you are the Son of God, command this stone to become bread."* And Jesus answered him, *"It is written, 'Man shall not live by bread alone.'"* And the devil took him up, and showed him all the kingdoms of the world in a moment of time, and said to him, *"To you I will give all this authority and their glory; for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it shall all be yours."* And Jesus answered him, *"It is written, 'You shall worship the Lord your God, and him only shall you serve.'"* And he took him to Jerusalem, and set him on the pinnacle of the temple, and said to him, *"If you are the Son of God, throw yourself down from here; for it is written, 'He will give his angels charge of you, to guard you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'"* And Jesus answered him, *"It is said, 'You shall not tempt the Lord your God.'"* And when the devil had ended every temptation, he departed from him until an opportune time.

Saturday: The Raising of Lazarus

4th April 2020

Recommended:

1. Attend the last lesson of Teens (If you're in Year 7-9)
2. Pray the 'Angelus' prayer at midday (Page 54)
3. Make members in your family coffee / tea

Challenge:

1. Attempt to do 20 push-ups
2. Read John 11:55-12:11

John 11:55-12:11

Now the Passover of the Jews was at hand, and many went up from the country to Jerusalem before the Passover, to purify themselves. They were looking for Jesus and saying to one another as they stood in the temple, "What do you think? That he will not come to the feast?" Now the chief priests and the Pharisees had given orders that if any one knew where he was, he should let them know, so that they might arrest him. Six days before the Passover, Jesus came to Bethany, where Laz'arus was, whom Jesus had raised from the dead. There they made him a supper; Martha served, and Laz'arus was one of those at table with him. Mary took a pound of costly ointment of pure nard and anointed the feet of Jesus and wiped his feet with her hair; and the house was filled with the fragrance of the ointment. But Judas Iscariot, one of his disciples (he who was to betray him), said, "Why was this ointment not sold for three hundred denarii and given to the poor?" This he said, not that he cared for the poor but because he was a thief, and as he had the money box he used to take what was put into it. Jesus said, "Let her alone, let her keep it for the day of my burial. The poor you always have with you, but you do not always have me." When the great crowd of the Jews learned that he was there, they came, not only on account of Jesus but also to see Laz'arus, whom he had raised from the dead. So the chief priests planned to put Laz'arus also to death, because on account of him many of the Jews were going away and believing in Jesus.

Hosanna (Palm) Sunday

5th April 2020

Recommended:

1. Attend Mass
2. Donate money to a Caritas box
3. Enjoy a meal with your family (not on your own!)

Challenge:

1. Brace yourself for next week ;)
2. Read John 12:12-22

John 12:12-22

The next day a great crowd who had come to the feast heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet him, crying, *"Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!"* And Jesus found a young ass and sat upon it; as it is written,

"Fear not, daughter of Zion; behold, your king is coming, sitting on an ass's colt!"

His disciples did not understand this at first; but when Jesus was glorified, then they remembered that this had been written of him and had been done to him. The crowd that had been with him when he called Laz'arus out of the tomb and raised him from the dead bore witness. The reason why the crowd went to meet him was that they heard he had done this sign. The Pharisees then said to one another, *"You see that you can do nothing; look, the world has gone after him."*

Now among those who went up to worship at the feast were some Greeks. So these came to Philip, who was from Beth-sa'ida in Galilee, and said to him, *"Sir, we wish to see Jesus."* Philip went and told Andrew; Andrew went with Philip and they told Jesus.

Monday of Passion Week

6th April 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Read Matthew 21:17-27

Challenge:

1. Abstain from Chocolates & lollies for the remainder of Passion Week

Matthew 21:17-27

And leaving them, he went out of the city to Bethany and lodged there. In the morning, as he was returning to the city, he was hungry. And seeing a fig tree by the wayside he went to it, and found nothing on it but leaves only. And he said to it, *“May no fruit ever come from you again!”* And the fig tree withered at once. When the disciples saw it they marvelled, saying, *“How did the fig tree wither at once?”* And Jesus answered them, *“Truly, I say to you, if you have faith and never doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, ‘Be taken up and cast into the sea,’ it will be done. And whatever you ask in prayer, you will receive, if you have faith.”* And when he entered the temple, the chief priests and the elders of the people came up to him as he was teaching, and said, *“By what authority are you doing these things, and who gave you this authority?”* Jesus answered them, *“I also will ask you a question; and if you tell me the answer, then I also will tell you by what authority I do these things. The baptism of John, whence was it? From heaven or from men?”* And they argued with one another, *“If we say, ‘From heaven,’ he will say to us, ‘Why then did you not believe him?’ But if we say, ‘From men,’ we are afraid of the multitude; for all hold that John was a prophet.”* So they answered Jesus, *“We do not know.”* And he said to them, *“Neither will I tell you by what authority I do these things.”*

Tuesday of Passion Week

7th April 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Read Luke 13:22-30

Challenge:

1. Abstain from all soft drinks for the remainder of Passion Week

Luke 13:22-30

He went on his way through towns and villages, teaching, and journeying toward Jerusalem. And some one said to him, “*Lord, will those who are saved be few?*”

And he said to them, “*Strive to enter by the narrow door; for many, I tell you, will seek to enter and will not be able. When once the householder has risen up and shut the door, you will begin to stand outside and to knock at the door, saying, ‘Lord, open to us.’ He will answer you, ‘I do not know where you come from.’ Then you will begin to say, ‘We ate and drank in your presence, and you taught in our streets.’ But he will say, ‘I tell you, I do not know where you come from; depart from me, all you workers of iniquity!’ There you will weep and gnash your teeth, when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God and you yourselves thrust out. And men will come from east and west, and from north and south, and sit at table in the kingdom of God. And behold, some are last who will be first, and some are first who will be last.*”

Wednesday of Passion Week

8th April 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Read James 5:13-18

Challenge:

1. Attend Mass
2. Abstain from all music (except for hymns) for the remainder of Passion Week

James 5:13-18

Is any one among you suffering? Let him pray.

Is any cheerful? Let him sing praise.

Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven.

Therefore confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous man has great power in its effects.

Eli'jah was a man of like nature with ourselves and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again and the heaven gave rain, and the earth brought forth its fruit.

Holy Thursday (Institution of the Eucharist)

9th April 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Attend Mass

Challenge:

1. Pray a decade of the Rosary (5th Luminous mystery)
2. Read 1 Corinthians 11:23-32

1 Corinthians 11:23-32

For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, *“This is my body which is for you. Do this in remembrance of me.”*

In the same way also the cup, after supper, saying, *“This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.”* For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For any one who eats and drinks without discerning the body eats and drinks judgment upon himself. That is why many of you are weak and ill, and some have died. But if we judged ourselves truly, we should not be judged. But when we are judged by the Lord, we are chastened so that we may not be condemned along with the world.

Good Friday

10th April 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat and dairy
3. Attend *'The Rite of Adoration of the Cross'*

Challenge:

1. Attend *'The Stations of the Cross'* at 10am at Our Lady of Lebanon Co-Cathedral
2. Read John 19:31-37

John 19:31-37

Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the sabbath (for that sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away.

So the soldiers came and broke the legs of the first, and of the other who had been crucified with him; but when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water.

He who saw it has borne witness—his testimony is true, and he knows that he tells the truth—that you also may believe. For these things took place that the scripture might be fulfilled, *"Not a bone of him shall be broken."* And again another scripture says, *"They shall look on him whom they have pierced."*

Saturday of the Light

11th April 2020

Recommended:

1. Fast from 12am – 12pm; with no food or drink to be consumed, with the exception of water
2. Abstain from meat
3. Read Matthew 27:62-66

Challenge:

1. Abstain from all social media (including Instagram, Facebook, Snapchat, TikTok, Youtube, etc.)
2. Pray the full Rosary (The Sorrowful mysteries)

Matthew 27:62-66

Next day, that is, after the day of Preparation, the chief priests and the Pharisees gathered before Pilate and said, *“Sir, we remember how that imposter said, while he was still alive, ‘After three days I will rise again.’ Therefore order the sepulchre to be made secure until the third day, lest his disciples go and steal him away, and tell the people, ‘He has risen from the dead,’ and the last fraud will be worse than the first.”*

Pilate said to them, *“You have a guard of soldiers; go, make it as secure as you can.”*

So they went and made the sepulchre secure by sealing the stone and setting a guard.

Resurrection Sunday

12th April 2020

Recommended:

1. Attend Mass
2. Read Mark 16:1-8
3. Crack an Easter egg with a family member

Challenge:

- 1. Celebrate for Christ has Truly Risen!!!**

Mark 16:1-8

And when the sabbath was past, Mary Mag'dalene, and Mary the mother of James, and Salo'me, bought spices, so that they might go and anoint him.

And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, *"Who will roll away the stone for us from the door of the tomb?"* And looking up, they saw that the stone was rolled back; for it was very large.

And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed.

And he said to them, *"Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you."*

And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to any one, for they were afraid.

Appendix

Prayer to St. Michael the Archangel

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Divine Power of God, cast into hell Satan and all the evil spirits who roam throughout the world seeking the ruin of souls.

Amen.

The Angelus Prayer

V. The Angel of the Lord declared unto Mary,

R. And she conceived of the Holy Spirit ... *Hail Mary*

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your Word.

V. And the Word was made flesh,

R. And dwelt among us ... *Hail Mary*

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ ... *Hail Mary*

Let us pray:

Pour forth, we beseech You, O Lord, Your Grace into our hearts; that as we have known the incarnation of Christ, your Son by the message of an angel, so by His passion and cross we may be brought to the glory of His Resurrection. Through the same Christ, our Lord.

Amen.

Daily Prayer to Guardian Angel

Angel of God
My guardian dear
To Whom His love
Commits me here
Ever this day
Be at my side
To light and guard
To rule and guide.

Amen.

Prayer to St. Rafqa

We ask you, Saint Rafqa, to spread joy in our world and comfort those who are suffering. Teach us to pray with faith in Jesus Christ. Medicine was unable to cure you, so you healed the sick by enduring sorrow and sharing in the Mystery of Redemption with Our Lord Jesus Christ.

We ask you to intercede for all the sick, to fill our hearts with joy and love and to guide us to follow in your example.

May we glorify with you, the Father, the Son and the Holy Spirit forever.

Amen.

Prayer to St. Gabriel the Archangel

O Blessed Archangel Gabriel, we beseech thee, do thou intercede for us at the throne of divine Mercy in our present necessities, that as thou didst announce to Mary the mystery of the Incarnation, so through thy prayers and patronage in heaven we may obtain the benefits of the same, and sing the praise of God forever in the land of the living.

Amen.

Novena to St. Joseph (Day 1 – Day 9)

Saint Joseph, you are the faithful protector and intercessor of all who love and venerate you. You know that I have confidence in you and that, after Jesus and Mary, I come to you as an example for holiness, for you are especially close with God. Therefore, I humbly commend myself, with all who are dear to me and all that belong to me, to your intercession. I beg of you, by your love for Jesus and Mary, not to abandon me during life and to assist me at the hour of my death.

Glorious Saint Joseph, spouse of the Immaculate Virgin, pray for me to have a pure, humble, charitable mind, and perfect resignation to the divine Will. Be my guide, my father, and my model through life that I may die as you did in the arms of Jesus and Mary.

Loving Saint Joseph, faithful follower of Jesus Christ, I raise my heart to you to implore your powerful intercession in obtaining from the Divine Heart of Jesus all the graces necessary for my spiritual and temporal welfare, particularly the grace of a happy death, and the special grace I now implore:

(Mention your request)

Guardian of the Word Incarnate, I feel confident that your prayers on my behalf will be graciously heard before the throne of God.

St. Joseph Terror of Demons, Pray for us!

Amen.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end.

Amen.