

OUR LADY  
OF LEBANON

*Lenten  
Booklet*

“A NEW COMMAND I GIVE YOU:  
LOVE ONE ANOTHER. **AS I HAVE  
LOVED YOU**, SO YOU MUST  
**LOVE ONE ANOTHER**. BY THIS  
EVERYONE WILL KNOW THAT  
**YOU ARE MY DISCIPLES**, IF YOU  
LOVE ONE ANOTHER.”

*John 13:34-35*

# 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 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 undertaking a 'Challenge' do not forget to offer it up for a particular intention. We receive special graces when we suffer in union with Christ... 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*

12<sup>th</sup> of February 2024

## ***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 Mass and receive the 'Ashes'

## ***Challenge:***

1. Give up something with your family for 40 days
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**  
**13<sup>th</sup> of February 2024**

**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. Read Matthew 6:5-15

**Challenge:**

1. Do not use any digital media from 4pm-7pm
2. Pray the 'St Michael the Archangel' Prayer (Page 51)

**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*

14<sup>th</sup> of February 2024

### ***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. Read Matthew 6:1-4

### ***Challenge:***

1. Approach someone who you do not usually speak to at school, work, or at your local parish
2. Pray a decade of the rosary and offer it up for anyone that is struggling. (1<sup>st</sup> Glorious Mysteries)

### ***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*

15<sup>th</sup> of February 2024

### **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. Read Matthew 6:25-34

### **Challenge:**

1. Pray 5 'Hail Mary's' for someone that you may have gossiped about in the past
2. Abstain from eating any chocolate, chips or sweets
3. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm

### **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*  
16<sup>th</sup> of February 2024

**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 Stations of the Cross' at Our Lady of Lebanon Co-Cathedral
4. Read Matthew 7:13-27

**Challenge:**

1. Do an examination of conscience and write down your sins on a paper (keep it in a safe place)
2. Have a cold shower

**Matthew 7:13-27**

'Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it.

'Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles? In the same way, every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, you will know them by their fruits.

'Not everyone who says to me, "Lord, Lord", will enter the kingdom of heaven, but only one who does the will of my Father in heaven.

## *Day 6: Saturday*

17<sup>th</sup> of February 2024

### ***Recommended:***

1. Pray the 'Angelus' prayer at midday (Page 52)
2. Read Luke 18:9-14
3. Attend teens (students from years 7-9)

### ***Challenge:***

1. Clean the dishes at home after a meal with your family
2. Light a candle for all the souls in purgatory

### ***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 everyone who exalts himself will be humbled, but he who humbles himself will be exalted.”

## *Day 7: Sunday of the Leper*

18<sup>th</sup> of February 2024

### ***Recommended:***

1. Attend mass
2. Enjoy a meal with your family (not on your own!)
3. Read Mark 1:35-43

### ***Challenge:***

1. Attend confession (using your examination of conscience from Friday)
2. Tell your family 3 things that you are appreciative of

### ***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, "Everyone 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

19<sup>th</sup> of February 2024

### Recommended:

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Abstain from all social media (Instagram, Facebook, Snapchat, TikTok, YouTube, Etc)
3. Read Matthew 6:22-24

### Challenge:

1. Have a conversation with someone from school or work about Jesus
2. Thank the person who made all your meals for the day
3. Research the story about 'The 500 Martyrs of Tyre'

### Matthew 6:22-24

'The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

'No one can serve two masters; for a slave will either hate the one and love the other or be devoted to the one and despise the other. You cannot serve God and wealth.



**Day 9: Tuesday**  
**20<sup>th</sup> of February 2024**

**Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Do not participate in any gossip at school or work
3. Read Matthew 7:1-12

**Challenge:**

1. Do not judge others – offer two decades of the rosary (1<sup>st</sup> and 2<sup>nd</sup> Sorrowful Mystery) for them instead and ask God for the gift of Humility
2. Abstain from any form of entertainment (TV and video 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 everyone 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*

21<sup>st</sup> of February 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Read Matthew 12:38-45

### **Challenge:**

1. Attend 7pm youth mass with your family and friends
2. Change your phone settings to greyscale till the end of the week

### **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**  
**22<sup>nd</sup> of February 2024**

**Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Read Luke 8:4-15

**Challenge:**

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

**Luke 8:4-15**

When a great crowd gathered and people from town after town came to him, he said in a parable: 'A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up. Some fell on the rock; and as it grew up, it withered for lack of moisture. Some fell among thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew, it produced a hundredfold.' As he said this, he called out, 'Let anyone with ears to hear listen!'

Then his disciples asked him what this parable meant. He said, 'To you it has been given to know the secrets of the kingdom of God; but to others I speak in parables, so that

"looking they may not perceive, and listening they may not understand."

'Now the parable is this: The seed is the word of God. The ones on the path are those who have heard; then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. The ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe only for a while and in a time of testing fall away. As for what fell among the thorns, these are the ones who hear; but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. But as for that in the good soil, these are the ones who, when they hear the word, hold it fast in an honest and good heart, and bear fruit with patient endurance.'

## *Day 12: Friday*

23<sup>rd</sup> of February 2024

### ***Recommended:***

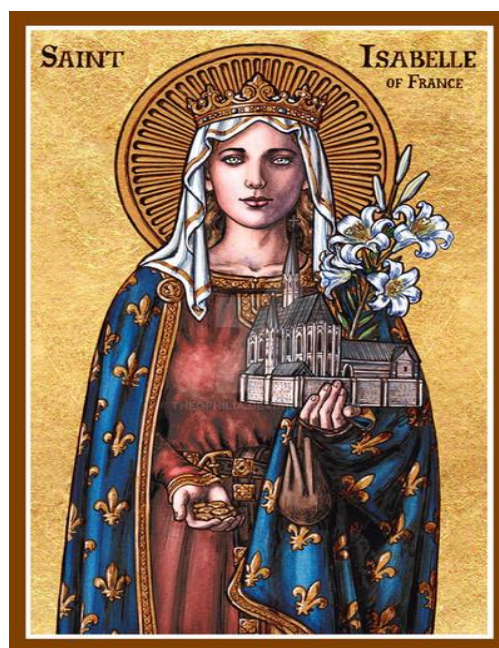
1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Abstain from meat and dairy
3. Attend 'The Stations of the Cross' at Our Lady of Lebanon Co-Cathedral
4. Read Matthew 18:23-35

### ***Challenge:***

1. Forgive someone who has hurt you before
2. Research Saint Isabelle and what she is the patron of
3. Pray the 'Divine Mercy Chaplet' (Page 55)

### ***Matthew 18:23-35***

'For this reason, the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made.



## *Day 13: Saturday* 24<sup>th</sup> of February 2024

### **Recommended:**

1. Pray the 'Angelus' prayer at midday (Page 52)
2. Go for a 10 minute walk
3. Read Mark 11:19-25

### **Challenge:**

1. Offer to prepare breakfast for a family member
2. Bring a friend to Teens who has not attended a lesson yet (Years 7-9)

### **Mark 11:19-25**

And when evening came, Jesus and his disciples went out of the city. In the morning as they passed by, they saw the fig tree withered away to its roots. Then Peter remembered and said to him, 'Rabbi, look! The fig tree that you cursed has withered.' Jesus answered them, 'Have faith in God. Truly I tell you, if you say to this mountain, "Be taken up and thrown into the sea", and if you do not doubt in your heart, but believe that what you say will come to pass, it will be done for you. So, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

'Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses.'

## *Day 14: Sunday of the Haemorrhaging Woman*

25<sup>th</sup> of February 2024

### **Recommended:**

1. Attend Mass
2. Pray the Litany of Saint Joseph (Page 53)
3. Enjoy a meal with your family (not on your own!)
4. Read Luke 8:40-56

### **Challenge:**

1. Arrive to mass 15 minutes early and offer it up as an increase in the virtue of faith

### **Luke 8:40-56**

Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. Just then there came a man named Jairus, a leader of the synagogue. He fell at Jesus' feet and begged him to come to his house, for he had an only daughter, about twelve years old, who was dying.

As he went, the crowds pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years; and though she had spent all she had on physicians, no one could cure her. She came up behind him and touched the fringe of his clothes, and immediately her haemorrhage stopped. Then Jesus asked, 'Who touched me?' When all denied it, Peter said, 'Master, the crowds surround you and press in on you.' But Jesus said, 'Someone touched me; for I noticed that power had gone out from me.' When the woman saw that she could not remain hidden, she came trembling; and falling down before him, she declared in the presence of all the people why she had touched him, and how she had been immediately healed. He said to her, 'Daughter, your faith has made you well; go in peace.'

While he was still speaking, someone came from the leader's house to say, 'Your daughter is dead; do not trouble the teacher any longer.' When Jesus heard this, he replied, 'Do not fear. Only believe, and she will be saved.' When he came to the house, he did not allow anyone to enter with him, except Peter, John, and James, and the child's father and mother. They were all weeping and wailing for 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 he took her by the hand and called out, 'Child, get up!' Her spirit returned, and she got up at once. Then he directed them to give her something to eat. Her parents were astounded; but he ordered them to tell no one what had happened.

## *Day 15: Monday*

26<sup>th</sup> of February 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Read John 8:21-27

### **Challenge:**

1. Pray a decade of the Rosary on the way to school or to work (3<sup>rd</sup> Joyful Mystery)
2. Have a cold shower

### **John 8:21-27**

Again, he said to them, 'I am going away, and you will search for me, but you will die in your sin. Where I am going, you cannot come.' Then the Jews said, 'Is he going to kill himself? Is that what he means by saying, "Where I am going, you cannot come"?' He said to them, 'You are from below, I am from above; you are of this world, I am not of this world. I told you that you would die in your sins, for you will die in your sins unless you believe that I am he.' They said to him, 'Who are you?' Jesus said to them, 'Why do I speak to you at all? I have much to say about you and much to condemn; but the one who sent me is true, and I declare to the world what I have heard from him.' They did not understand that he was speaking to them about the Father.

## *Day 16: Tuesday*

27<sup>th</sup> of February 2024

### ***Recommended:***

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Abstain from all junk food
3. Read Matthew 23:1-12

### ***Challenge:***

1. Listen to 'Ya Oum Allah' by Fairouz and reflect
2. Talk to someone new at school or work

### ***Matthew 23:1-12***

Then Jesus said to the crowds and to his disciples, 'The scribes and the Pharisees sit on Moses' seat; therefore, do whatever they teach you and follow it; but do not do as they do, for they do not practise what they teach. They tie up heavy burdens, hard to bear, and lay them on the shoulders of others; but they themselves are unwilling to lift a finger to move them. They do all their deeds to be seen by others; for they make their phylacteries broad and their fringes long. They love to have the place of honour at banquets and the best seats in the synagogues, and to be greeted with respect in the market-places, and to have people call them rabbi. But you are not to be called rabbi, for you have one teacher, and you are all students. And call no one your father on earth, for you have one Father—the one in heaven. Nor are you to be called instructors, for you have one instructor, the Messiah. The greatest among you will be your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted.

## *Day 17: Wednesday*

28<sup>th</sup> of February 2024

### ***Recommended:***

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Read Matthew 17:10-13

### ***Challenge:***

1. Abstain from all dairy
2. Research the Disciples of St Maroun, Koura and Marana, and pray the "Holy Souls Chaplet" (page 54)

### ***Matthew 17:10-13***

And the disciples asked him,

‘Why, then, do the scribes say that Elijah must come first?’

He replied, ‘Elijah is indeed coming and will restore all things; but I tell you that Elijah has already come, and they did not recognize him, but they did to him whatever they pleased. So also, the Son of Man is about to suffer at their hands.’

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

## **Day 18: Thursday**

**29<sup>th</sup> of February 2024**

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral
3. Read Luke 17:20-37

### **Challenge:**

1. Pray a decade of the Rosary kneeling and reflect on the Eucharist in Adoration (5<sup>th</sup> Luminous Mystery)

### **Luke 17:20-37**

Once Jesus was asked by the Pharisees when the kingdom of God was coming, and he answered, 'The kingdom of God is not coming with things that can be observed; nor will they say, "Look, here it is!" or "There it is!" For, in fact, the kingdom of God is among you.'

Then he said to the disciples, 'The days are coming when you will long to see one of the days of the Son of Man, and you will not see it. They will say to you, "Look there!" or "Look here!" Do not go, do not set off in pursuit. For as the lightning flashes and lights up the sky from one side to the other, so will the Son of Man be in his day. But first he must endure much suffering and be rejected by this generation. Just as it was in the days of Noah, so too it will be in the days of the Son of Man. They were eating and drinking, and marrying and being given in marriage, until the day Noah entered the ark, and the flood came and destroyed all of them. Likewise, just as it was in the days of Lot: they were eating and drinking, buying and selling, planting and building, but on the day that Lot left Sodom, it rained fire and sulphur from heaven and destroyed all of them—it will be like that on the day that the Son of Man is revealed. On that day, anyone on the housetop who has belongings in the house must not come down to take them away; and likewise, anyone in the field must not turn back. Remember Lot's wife. Those who try to make their life secure will lose it, but those who lose their life will keep it. I tell you, on that night there will be two in one bed; one will be taken and the other left. There will be two women grinding meal together; one will be taken and the other left.' Then they asked him, 'Where, Lord?' He said to them, 'Where the corpse is, there the vultures will gather.'

## *Day 19: Friday*

1<sup>st</sup> of March 2024

### *Feast of the Guardian Angels*

#### **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. Pray the 'Guardian Angel' prayer (Page 53)
4. Attend 'The Stations of the Cross' at Our Lady of Lebanon Co-Cathedral
5. Read Luke 12:16-21

#### **Challenge:**

1. Encourage 3 of your friends to come to 'The Stations of the Cross' with you

#### **Luke 12:16-21**

Then he told them a parable: 'The land of a rich man produced abundantly. And he thought to himself, "What should I do, for I have no place to store my crops?" Then 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; relax, eat, drink, be merry." But God said to him, "You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?" So, it is with those who store up treasures for themselves but are not rich towards God.'



## Day 20: Saturday

2<sup>nd</sup> of March 2024

### Feast of Saint John Maroun

#### Recommended:

1. Pray the 'Angelus' prayer at midday (Page 52)
2. Attend Teens (Years 7-9)
3. Read Matthew 12:1-14

#### Challenge:

1. Read about the life of Saint John Maroun and tell your leaders something interesting about his life (Years 7-9)



#### Matthew 12:1-14

At that time Jesus went through the cornfields on the sabbath; his disciples were hungry, and they began to pluck heads of grain and to eat. When the Pharisees saw it, they said to him, 'Look, your disciples are doing what is not lawful to do on the sabbath.' He said to them, 'Have you not read what David did when he and his companions were hungry? He entered the house of God and ate the bread of the Presence, which it was not lawful for him or his companions to eat, but only for the priests. Or have you not read in the law that on the sabbath the priests in the temple break the sabbath and yet are guiltless? I tell you, something greater than the temple is here. But if you had known what this means, "I desire mercy and not sacrifice", you would not have condemned the guiltless. For the Son of Man is lord of the sabbath.' He left that place and entered their synagogue; a man was there with a withered hand, and they asked him, 'Is it lawful to cure on the sabbath?' so that they might accuse him. He said to them, 'Suppose one of you has only one sheep and it falls into a pit on the sabbath; will you not lay hold of it and lift it out? How much more valuable is a human being than a sheep! So, it is lawful to do good on the sabbath.' Then he said to the man, 'Stretch out your hand.' He stretched it out, and it was restored, as sound as the other. But the Pharisees went out and conspired against him, how to destroy him.

## Day 21: Sunday of the Prodigal Son

3<sup>rd</sup> of March 2024

### Feast of Saint Thomas of Aquinas

#### Recommended:

1. Attend Mass
2. Go to confession (if you have not been yet or if you are feeling courageous!)
3. Read Luke 15:11-32

#### Challenge:

1. Apologize to someone you have hurt in your life
2. Research Saint Thomas of Aquinas and learn why he is called 'Doctor of the Church'



### Luke 15:11-32

Then Jesus said, 'There was a man who had two sons. The younger of them said to his father, "Father, give me the share of the property that will belong to me." So, he divided his property between them. A few days later the younger son gathered all he had and travelled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So, he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything.

But when he came to himself, he said, "How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up 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 like one of your hired hands.'" So, he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then 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 slaves, "Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it and let us eat and

celebrate; for this son of mine was dead and is alive again; he was lost and is found!" And they began to celebrate.

'Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, "Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound." Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, "Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!" Then the father said to him, "Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.'"



## *Day 22: Monday*

4<sup>th</sup> of March 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Read Luke 9:37-45

### **Challenge:**

1. Do not watch any TV/digital media till after school
2. Abstain from foods that contain sugars
3. Pray a decade of the rosary (4<sup>th</sup> Joyful Mysteries)

### **Luke 9:37-45**

On the next day, when they had come down from the mountain, a great crowd met him. Just then a man from the crowd shouted, 'Teacher, I beg you to look at my son; he is my only child. Suddenly a spirit seizes him, and all at once he shrieks. It throws him into convulsions until he foams at the mouth; it mauls him and will scarcely leave him. I begged your disciples to cast it out, but they could not.' Jesus answered, 'You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here.' While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. And all were astounded at the greatness of God. While everyone was amazed at all that he was doing, he said to his disciples, 'Let these words sink into your ears: The Son of Man is going to be betrayed into human hands.' But they did not understand this saying; its meaning was concealed from them, so that they could not perceive it. And they were afraid to ask him about this saying.

## *Day 23: Tuesday*

5<sup>th</sup> of March 2024

### ***Recommended:***

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Read Mark 8:22-26

### ***Challenge:***

1. Do not stay awake past 10pm
2. Do not check your smartphone when you're with people
3. Pray two decades of the rosary whilst kneeling besides your bed (1<sup>st</sup> and 2<sup>nd</sup> Sorrowful Mystery)

### ***Mark 8:22-26***

They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, 'Can you see anything?'

And the man looked up and said, 'I can see people, but they look like trees, walking.'

Then Jesus laid his hands on his eyes again; and he looked intently, and his sight was restored, and he saw everything clearly. Then he sent him away to his home, saying, 'Do not even go into the village.'

## *Day 24: Wednesday*

6<sup>th</sup> of March 2024

### ***Recommended:***

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Read Luke 7:1-10

### ***Challenge:***

1. Attend 7pm youth mass with your family and friends
2. Abstain from all forms of dairy

### ***Luke 7:1-10***

After Jesus had finished all his sayings in the hearing of the people, he entered Capernaum. A centurion there had a slave whom he valued highly, and who was ill and close to death. When he heard about Jesus, he sent some Jewish elders to him, asking him to come and heal his slave. When they came to Jesus, they appealed to him earnestly, saying, 'He is worthy of having you do this for him, for he loves our people, and it is he who built our synagogue for us.' And Jesus went with them, but when he was not far from the house, the centurion sent friends to say 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 only speak the word, and let my servant be healed. For I also 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 the slave does it.' When Jesus heard this, he was amazed at him, and turning to the crowd that followed him, he said, 'I tell you, not even in Israel have I found such faith.' When those who had been sent returned to the house, they found the slave in good health.

## *Day 25: Thursday*

7<sup>th</sup> of March 2024

### ***Recommended:***

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm
3. Read Matthew 15:29-39

### ***Challenge:***

1. Only speak when necessary (Silence speaks volumes!)

### ***Matthew 15:29-39***

After Jesus had left that place, he passed along the Sea of Galilee, and he went up the mountain, where he sat down. Great crowds came to him, bringing with them the lame, the maimed, the blind, the mute, and many others. They put them at his feet, and he cured them, so that the crowd was amazed when they saw the mute speaking, the maimed whole, the lame walking, and the blind seeing. And they praised the God of Israel.

Then Jesus called his disciples to him and said, 'I have compassion for the crowd, because they have been with me now for three days and have nothing to eat; and I do not want to send them away hungry, for they might faint on the way.' The disciples said to him, 'Where are we to get enough bread in the desert to feed so great a crowd?' Jesus asked them, 'How many loaves have you?' They said, 'Seven, and a few small fish.' Then ordering the crowd to sit down on the ground, he took the seven loaves and the fish; and after giving thanks he broke them and gave them to the disciples, and the disciples gave them to the crowds. And all of them ate and were filled; and they took up the broken pieces left over seven baskets full. Those who had eaten were four thousand men, besides women and children. After sending away the crowds, he got into the boat and went to the region of Magadan.

## *Day 26: Friday*

8<sup>th</sup> of March 2024

### **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 Stations of the Cross' at Our Lady of Lebanon Co-Cathedral
4. Read Matthew 9:27-35

### **Challenge:**

1. Write a question about the faith and ask your Teens leaders next lesson!

### **Matthew 9:27-35**

As Jesus went on from there, two blind men followed him, crying loudly, '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 and said, 'According to your faith let it be done to you.' And their eyes were opened. Then Jesus sternly ordered them, 'See that no one knows of this.' But they went away and spread the news about him throughout that district.

After they had gone away, a demoniac who was mute was brought to him. And when the demon had been cast out, the one who had been mute spoke; and the crowds were amazed and said, 'Never has anything like this been seen in Israel.' But the Pharisees said, 'By the ruler of the demons he casts out the demons.'

Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness.

## Day 27: Saturday

9<sup>th</sup> of March 2024

### Feast of the 40 Martyrs

#### Recommended:

1. Pray the 'Angelus' prayer at midday (Page 52)
2. Attend teens and ask your questions (Years 7-9)
3. Read Mark 3:1-12



#### Challenge:

1. Have a shower and at the end, turn the water cold and pray an 'Our Father and Hail Mary'
2. Read about the '40 Martyrs of Cappadocia/ and why their feast is celebrated today

#### Mark 3:1-12

Again, he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was 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 conspired with the Herodians against him, how to destroy him.

Jesus departed with his disciples to the lake, and a great multitude from Galilee followed him; hearing all that he was doing, they came to him in great numbers from Judea, Jerusalem, Idumea, beyond the Jordan, and the region around Tyre and Sidon. He told his disciples to have a boat ready for him because of the crowd, so that they would not crush him; for he had cured many, so that all who had diseases pressed upon him to touch him. Whenever the unclean spirits saw him, they fell down before him and shouted, 'You are the Son of God!' But he sternly ordered them not to make him known.

## Day 28: Sunday of the Paralytic

10<sup>th</sup> of March 2024

### Recommended:

1. Attend mass
2. Enjoy a meal with your family (not on your own!)
3. Pray Day 1 of the 'St. Joseph Novena' (Page 56)
4. Read Mark 2:1-12

### Challenge:

1. Spend 15 minutes in silent prayer before bed



### Mark 2:1-12

When he returned to Capernaum after some days, it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralysed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.' Now some of the scribes were sitting there, questioning in their hearts, 'Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?' At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, 'Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, "Your sins are forgiven", or to say, "Stand up and take your mat and walk"? But so 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, stand up, take your mat and go to your home.' And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, 'We have never seen anything like this!'

## **Day 29: Monday**

11<sup>th</sup> of March 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Pray Day 2 of the 'St. Joseph Novena' (Page 56)
3. Read Mark 5:1-20

### **Challenge:**

1. Uninstall the last game you played on your phone till the end of lent
2. Check in on 3 people you have not spoken to in a while

### **Mark 5:1-20**

They came to the other side of the lake, to the country of the Gerasenes. And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him. He lived among the tombs; and no one could restrain him anymore, even with a chain; for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. When he saw Jesus from a distance, he ran and bowed down before him; and he shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.' For he had said to him, 'Come out of the man, you unclean spirit!' Then Jesus asked him, 'What is your name?' He replied, 'My name is Legion; for we are many.' He begged him earnestly not to send them out of the country. Now there on the hillside a great herd of swine was feeding; and the unclean spirits begged him, 'Send us into the swine; let us enter them.' So, he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the lake, and were drowned in the lake.

The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid. Those who had seen what had happened to the demoniac and to the swine reported it. Then they began to beg Jesus to leave their neighbourhood. As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him. But Jesus refused, and said to him, 'Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.' And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and everyone was amazed.

## *Day 30: Tuesday* 12<sup>th</sup> of March 2024

### ***Recommended:***

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Pray Day 3 of the 'St. Joseph Novena' (Page 56)
3. Read Mark 6:47-56

### ***Challenge:***

1. Pray the full Rosary and offer it up for your own personal intentions (Sorrowful Mysteries)

### ***Mark 6:47-56***

When evening came, the boat was out on the lake, and he was alone on the land. When he saw that they were straining at the oars against an adverse wind, he came towards them early in the morning, walking on the lake. He intended to pass them by. But when they saw him walking on the lake, 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; do not be afraid.' Then 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.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

## *Day 31: Wednesday*

13<sup>th</sup> of March 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Pray Day 4 of the 'St. Joseph Novena' (Page 56)
3. Read Luke 7:11-17

### **Challenge:**

1. Attend 7pm youth mass
2. Research Saint Rodrigues

### **Luke 7:11-17**

Soon afterwards he went to a town called Nain, and his disciples and a large crowd went with him.

As he approached the gate of the town, a man who had died was being carried out. He was his mother's only son, and she was a widow; and with her was a large crowd from the town. When the Lord saw her, he had compassion for her and said to her, 'Do not weep.' Then he came forward and touched the bier, and the bearers stood still.

And he said, 'Young man, I say to you, rise!' The dead man sat up and began to speak, and Jesus gave him to his mother. Fear seized all of them; and they glorified God, saying, 'A great prophet has risen among us!' and 'God has looked favourably on his people!' This word about him spread throughout Judea and all the surrounding country.

## *Day 32: Thursday*

14<sup>th</sup> of March 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Pray Day 5 of the 'St. Joseph Novena' (Page 56)
3. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm
4. Read Mark 4:33-41

### **Challenge:**

1. Pray the 'Divine Mercy Chaplet' (Page 55)
2. Sort out your closet and place any old clothes in a bag for donations

### **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 except in parables, but he explained everything in private to his disciples.

On that day, when evening had come, he said to them, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

## *Day 33: Friday*

15<sup>th</sup> of March 2024

### **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. Pray Day 6 of the 'Saint Joseph Novena' (Page 56)
4. Attend 'The Stations of the Cross' at Our Lady of Lebanon Co-Cathedral
5. Read Luke 4:31-44

### **Challenge:**

1. Type in YouTube 'Jesus of Nazareth – Part 33' and watch the clip
2. Invite a friend that you have not seen in a while to 'The Stations of the Cross'

### **Luke 4:31-44**

He went down to Capernaum, a city in Galilee, and was teaching them on the sabbath. They were astounded at his teaching, because he spoke with authority. In the synagogue there was a man who had the spirit of an unclean demon, and he cried out with a loud voice, 'Let us alone! What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' When the demon had thrown him down before them, he came out of him without having done him any harm. They were all amazed and kept saying to one another, 'What kind of utterance is this? For with authority and power he commands the unclean spirits, and out they come!' And a report about him began to reach every place in the region.

After leaving the synagogue he entered Simon's house. Now Simon's mother-in-law was suffering from a high fever, and they asked him about her. Then he stood over her and rebuked the fever, and it left her. Immediately she got up and began to serve them.

As the sun was setting, all those who had any who were sick with various kinds of diseases brought them to him; and he laid his hands on each of them and cured them. Demons also came out of many, shouting, 'You are the Son of God!' But he rebuked them and would not allow them to speak, because they knew that he was the Messiah.

At daybreak he departed and went into a deserted place. And the crowds were looking for him; and when they reached him, they wanted to prevent him from leaving them. But he said to them, 'I must proclaim the good news of the kingdom of God to the other cities also; for I was sent for this purpose.' So, he continued proclaiming the message in the synagogues of Judea.

## *Day 34: Saturday*

16<sup>th</sup> of March 2024

### **Recommended:**

1. Pray the 'Angelus' prayer at midday (Page 52)
2. Pray Day 7 of the 'St. Joseph Novena' (Page 56)
3. Attend Teens (Years 7-9)
4. Mark 7:31-37

### **Challenge:**

1. Help your family in the preparation of lunch or dinner

### **Mark 7:31-37**

When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb.

They had been saying to one another, 'Who will roll away the stone for us from the entrance to the tomb?' When they looked up, they saw that the stone, which was very large, had already been rolled back. As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed.

But he said to them, 'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you.' So, they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.

## Day 35: Sunday of the Blind

17<sup>th</sup> of March 2024

### Recommended:

1. Attend mass
2. Pray Day 8 of the 'St. Joseph Novena' (Page 56)
3. Enjoy a meal with your family (not on your own!)
4. Read Mark 10:46-52

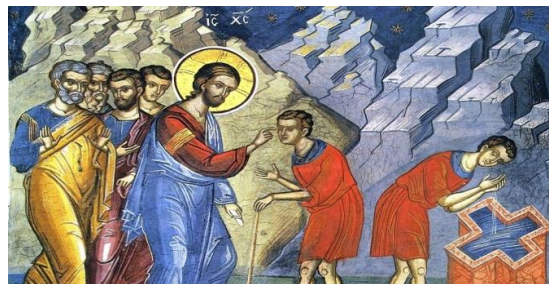
### Challenge:

1. Read about Saint Patrick and why he used a 3 leaf clover
2. Pray this prayer 10 times throughout the day '**Lord Jesus Christ, Son of the living God, Have Mercy on me a Sinner!**'



### Mark 10:46-52

They came to Jericho. As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. When he heard that it was Jesus of Nazareth, he began to shout out and say, 'Jesus, Son of David, have mercy on me!' Many sternly ordered him to be quiet, but he cried out even more loudly, 'Son of David, have mercy on me!' Jesus stood still and said, 'Call him here.' And they called the blind man, saying to him, 'Take heart; get up, he is calling you.' So, throwing off his cloak, he sprang up and came to Jesus. Then Jesus said to him, 'What do you want me to do for you?' The blind man said to him, 'My teacher, let me see again.' Jesus said to him, 'Go; your faith has made you well.' Immediately he regained his sight and followed him on the way.



## **Day 36: Monday**

18<sup>th</sup> of March 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Pray Day 9 of the 'St. Joseph Novena' (Page 56)
3. Read John 7:32-36

### **Challenge:**

1. Look up the 'Fifteen promises of the Holy Rosary'
2. Do not watch any TV from 4pm – 8pm

### **John 7:32-36**

The Pharisees heard the crowd muttering such things about him, and the chief priests and Pharisees sent temple police to arrest him. Jesus then said, 'I will be with you a little while longer, and then I am going to him who sent me. You will search for me, but you will not find me; and where I am, you cannot come.' The Jews said to one another, 'Where does this man intend to go that we will 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 search for me, and you will not find me" and, "Where I am, you cannot come"?'

## Day 37: Tuesday

19<sup>th</sup> of March 2024

### Feast of Saint Joseph

#### Recommended:

1. Pray the 'Litany of Saint Joseph' (Page 53)
2. Place an icon of Saint Joseph and place it your bedroom next to your bed
3. Read John 7:1-13

#### Challenge:

1. Only speak when necessary  
(Silence speaks volume)



#### John 7:1-13

After this Jesus went about in Galilee. He did not wish to go about in Judea because the Jews were looking for an opportunity to kill him. Now the Jewish festival of Booths was nearby. So, his brothers said to him, 'Leave here and go to Judea so that your disciples also may see the works you are doing; for no one who wants to be widely known acts in secret. If you do these things, show yourself to the world.' (For not even his brothers believed 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 against it that its works are evil. Go to the festival yourselves. I am not going to this festival, for my time has not yet fully come.' After saying this, he remained in Galilee.

But after his brothers had gone to the festival, then he also went, not publicly but as it were in secret. The Jews were looking for him at the festival and saying, 'Where is he?' And there was considerable complaining about him among the crowds. While some were saying, 'He is a good man', others were saying, 'No, he is deceiving the crowd.' Yet no one would speak openly about him for fear of the Jews.

## *Day 38: Wednesday*

20<sup>th</sup> of March 2024

### **Recommended:**

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Attend 7pm mass with your family and friends
3. Read Luke 11:37-48

### **Challenge:**

1. Try and refrain from gossiping
2. Pray an 'Our Father and 3 Hail Mary's' with a friend

### **Luke 11:37-48**

While he was speaking, a Pharisee invited him to dine with him; so, he went in and took his place at the table. The Pharisee was amazed to see that he did not first wash before dinner. Then the Lord said to him, 'Now you Pharisees clean the outside of the cup and of the dish, but inside you are full of greed and wickedness. You fools! Did not the one who made the outside make the inside also? So, give for alms those things that are within; and see, everything will be clean for you.'

'But woe to you Pharisees! For you tithe mint and rue and herbs of all kinds, and neglect justice and the love of God; it is these you ought to have practised, without neglecting the others. Woe to you Pharisees! For you love to have the seat of honour in the synagogues and to be greeted with respect in the market-places. Woe to you! For you are like unmarked graves, and people walk over them without realizing it.'

One of the lawyers answered him, 'Teacher, when you say these things, you insult us too.' And he said, 'Woe also to you lawyers! For you load people with burdens hard to bear, and you yourselves do not lift a finger to ease them. Woe to you! For you build the tombs of the prophets whom your ancestors killed. So, you are witnesses and approve of the deeds of your ancestors; for they killed them, and you build their tombs.'

## *Day 39: Thursday*

21<sup>st</sup> of March 2024

### ***Recommended:***

1. Fast from 12am-12pm with no food or drink to be consumed with the exception of water
2. Attend 'Adoration' at Our Lady of Lebanon Co-Cathedral at 8pm
3. Read Luke 18:31-34

### ***Challenge:***

1. At 7pm, go outside and kneel down in the grass and pray an 'Our Father, Hail Mary and Glory Be' for the Holy Souls in Purgatory

### ***Luke 18:31-34***

Then he took the twelve aside and said to them, 'See, we are going up to Jerusalem, and everything that is written about the Son of Man by the prophets will be accomplished. For he will be handed over to the Gentiles; and he will be mocked and insulted and spat upon. After they have flogged him, they will kill him, and on the third day he will rise again.' But they understood nothing about all these things; in fact, what he said was hidden from them, and they did not grasp what was said.

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

22<sup>nd</sup> of March 2024

## 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 Stations of the Cross' at Our Lady of Lebanon Co-Cathedral
4. Read Luke 4:1-13

## Challenge:

1. Type in YouTube 'Jesus of Nazareth – Part 34' and watch the clip

## Luke 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

## *Saturday: The Raising of Lazarus*

23<sup>rd</sup> of March 2024

### *Feast of Saint Rafqa*

#### **Recommended:**

1. Attend the last lesson of Teens (Years 7-9)
2. Pray the 'Angelus' prayer at midday (Page 52)
3. Read John 11:55-12:11

#### **Challenge:**

1. Read about the life of Saint Rafqa
2. Make members in your family coffee/tea



### **John 11:55-12:11**

Now the Passover of the Jews was near, and many went up from the country to Jerusalem before the Passover to purify themselves. They were looking for Jesus and were asking one another as they stood in the temple, 'What do you think? Surely, he will not come to the festival, will he?' Now the chief priests and the Pharisees had given orders that anyone who knew where Jesus was should let them know, so that they might arrest him. Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor 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 because of Jesus but also to see Lazarus, whom he had raised from the dead. So, the chief priests planned to put Lazarus to death as well, since it was on account of him that many of the Jews were deserting and were believing in Jesus.

# *Hosanna (Palm) Sunday*

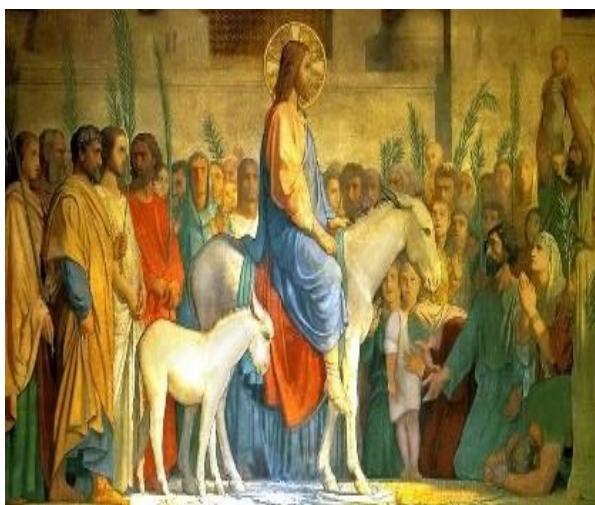
24<sup>th</sup> of March 2024

## **Recommended:**

1. Attend mass
2. Enjoy a meal with your family (not on your own!)
3. Read John 12:12-22

## **Challenge:**

1. Donate money to a Caritas box



## **John 12:12-22**

The next day the great crowd that had come to the festival heard that Jesus was coming to Jerusalem. So, they took branches of palm trees and went out to meet him, shouting, 'Hosanna!

Blessed is the one who comes in the name of the Lord— the King of Israel!' Jesus found a young donkey and sat on it; as it is written:

'Do not be afraid, daughter of Zion. Look, your king is coming, sitting on a donkey's colt!'

His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things had been written of him and had been done to him. So, the crowd that had been with him when he called Lazarus out of the tomb and raised him from the dead continued to testify. It was also because they heard that he had performed this sign that the crowd went to meet him. The Pharisees then said to one another, 'You see, you can do nothing. Look, the world has gone after him!'

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.' Philip went and told Andrew; then Andrew and Philip went and told Jesus.

## MONDAY of Passion Week

25<sup>th</sup> of March 2024

### **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. Read Matthew 21:17-27

### **Challenge:**

1. Abstain from chocolates and lollies **for the remainder of Passion Week**

### **Matthew 21:17-27**

He left them, went out of the city to Bethany, and spent the night there. In the morning, when he returned to the city, he was hungry. And seeing a fig tree by the side of the road, he went to it and found nothing at all on it but leaves. Then 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 were amazed, saying, 'How did the fig tree wither at once?' Jesus answered them, 'Truly I tell you, if you have faith and do not doubt, not only will you do what has been done to the fig tree, but even if you say to this mountain, "Be lifted up and thrown into the sea", it will be done. Whatever you ask for in prayer with faith, you will receive.'

When he entered the temple, the chief priests and the elders of the people came to him as he was teaching, and said, 'By what authority are you doing these things, and who gave you this authority?' Jesus said to them, 'I will also ask you one question; if you tell me the answer, then I will also tell you by what authority I do these things. Did the baptism of John come from heaven, or was it of human origin?' 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, "Of human origin", we are afraid of the crowd; for all regard John as a prophet.' So, they answered Jesus, 'We do not know.' And he said to them, 'Neither will I tell you by what authority I am doing these things.'

## TUESDAY of Passion Week

26<sup>th</sup> of March 2024

### *Feast of Saint Gabriel the Archangel*

#### **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. Read Luke 13:22-30



#### **Challenge:**

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

#### **Luke 13:22-30**

Jesus went through one town and village after another, teaching as he made his way to Jerusalem. Someone asked him, 'Lord, will only a few be saved?' He said to them, 'Strive to enter through the narrow door; for many, I tell you, will try to enter and will not be able. When once the owner of the house has got up and shut the door, and you begin to stand outside and to knock at the door, saying, "Lord, open to us", then in reply he will say to you, "I do not know where you come from." Then you will begin to say, "We ate and drank with you, and you taught in our streets." But he will say, "I do not know where you come from; go away from me, all you evildoers!" There will be weeping and gnashing of teeth when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God, and you yourselves thrown out. Then people will come from east and west, from north and south, and will eat in the kingdom of God. Indeed, some are last who will be first, and some are first who will be last.'

## WEDNESDAY of Passion Week

27<sup>th</sup> of March 2024

### **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. Read John 11:47-54

### **Challenge:**

1. Attend mass with your family and friends

### **John 11:47-54**

So, the chief priests and the Pharisees called a meeting of the council, and said, 'What are we to do? This man is performing many signs. If we let him go on like this, everyone will believe in him, and the Romans will come and destroy both our holy place and our nation.'

But one of them, Caiaphas, who was high priest that year, said to them, 'You know nothing at all! You do not understand that it is better for you to have one man die for the people than to have the whole nation destroyed.'

He did not say this on his own, but being high priest that year he prophesied that Jesus was about to die for the nation, and not for the nation only, but to gather into one the dispersed children of God. So, from that day on they planned to put him to death.

Jesus therefore no longer walked about openly among the Jews but went from there to a town called Ephraim in the region near the wilderness; and he remained there with the disciples.

# *Holy Thursday (Institution of the Holy Eucharist)*

28<sup>th</sup> of March 2024

## **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 'Adoration' at Our Lady of Lebanon Co-Cathedral
4. Read Luke 22:1-23

## **Challenge:**

1. Pray a decade of the Rosary (Luminous Mystery)

## **Luke 22:1-23**

Now the festival of Unleavened Bread, which is called the Passover, was near. The chief priests and the scribes were looking for a way to put Jesus to death, for they were afraid of the people. Then Satan entered into Judas called Iscariot, who was one of the twelve; he went away and conferred with the chief priests and officers of the temple police about how he might betray him to them. They were greatly pleased and agreed to give him money. So, he consented and began to look for an opportunity to betray him to them when no crowd was present.

Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So, Jesus sent Peter and John, saying, 'Go and prepare the Passover meal for us that we may eat it.' They asked him, 'Where do you want us to make preparations for it?' 'Listen,' he said to them, 'when you have entered the city, a man carrying a jar of water will meet you; follow him into the house he enters and say to the owner of the house, "The teacher asks you, 'Where is the guest room, where I may eat the Passover with my disciples?'" He will show you a large room upstairs, already furnished. Make preparations for us there.' So, they went and found everything as he had told them; and they prepared the Passover meal.

When the hour came, he took his place at the table, and the apostles with him. He said to them, 'I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God.' Then he took a cup, and after giving thanks he said, 'Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.' Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' And he did the same with the cup after supper, saying, 'This cup that is poured out for you is the new covenant in my blood. But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!' Then they began to ask one another which one of them it could be who would do this.

## Good Friday

29<sup>th</sup> of March 2024

### 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'
4. Attend 'The Stations of the Cross' at 10am at Our Lady of Lebanon Co-Cathedral
5. Read John 19:31-37

### Challenge:

1. Abstain from the use of all technology and listening to music

### John 19:31-37

Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So, they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then 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. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. (He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.) These things occurred so that the scripture might be fulfilled, 'None of his bones shall be broken.' And again, another passage of scripture says, 'They will look on the one whom they have pierced.'



## *Saturday of the Light*

30<sup>th</sup> of March 2024

### ***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. Read Matthew 27:62-66

### ***Challenge:***

1. Abstain from all Social Media
2. Pray the full Rosary (Sorrowful Mysteries)

### ***Matthew 27:62-66***

The next day, that is, after the day of Preparation, the chief priests and the Pharisees gathered before Pilate and said, 'Sir, we remember what that impostor said while he was still alive, "After three days I will rise again."

Therefore, command that the tomb be made secure until the third day; otherwise, his disciples may go and steal him away, and tell the people, "He has been raised from the dead", and the last deception would 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 with the guard and made the tomb secure by sealing the stone.

# Resurrection Sunday

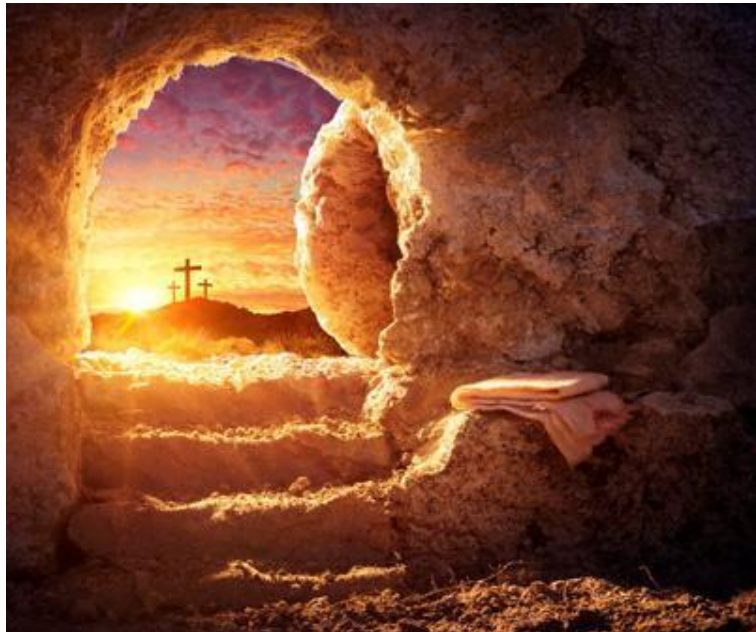
31<sup>st</sup> of March 2024

## Recommended:

1. Attend mass
2. Read Mark 16:1-8

## Challenge:

1. Crack an Easter egg with a family member
2. Celebrate for Christ has Truly Risen!!!



## Mark 16:1-8

When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb.

They had been saying to one another, 'Who will roll away the stone for us from the entrance to the tomb?' When they looked up, they saw that the stone, which was very large, had already been rolled back. As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed.

But he said to them, 'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you.'

So, they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.

## APPENDIX

### Prayer to Saint 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.

## **Guardian Angel Prayer**

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.



## Holy Souls Chaplet

1. Sign of the Cross.
2. The Apostle's Creed
3. Our Father (x1)
4. Hail Marys (x3)
5. Glory be (x1)
6. On the large beads, pray: "O Holy Souls draw the fire of God's Love into my soul, to reveal Jesus crucified in me here on earth, rather than hereafter in Purgatory."
7. On the small beads, pray: "Crucified Lord Jesus, have mercy on the souls in Purgatory."
8. When completed all (5) Five decades, pray Glory be (x3).

## Hail Holy Queen

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! Amen.

## Divine Mercy Chaplet

### How to Pray the Divine Mercy Chaplet

#### 1. Make the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

#### 2. Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

#### 3. Our Father

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 trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

#### 4. Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

#### 5. The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

#### 6. The Eternal Father

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

#### 7. On the 10 Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

#### 8. Repeat for the remaining decades

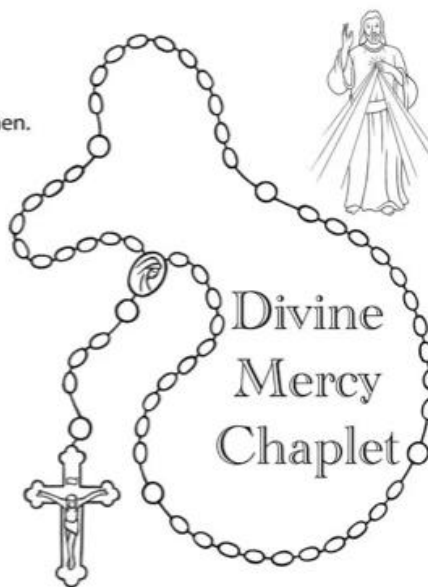
Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

#### 9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

#### 10. Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



## Novena to St. Joseph

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.