

*The Church teaches God ask all the Christian faithful to do a voluntary act of repentance in his or her own way. There is a time and season for all Christian faithful to unite themselves by a common observance of penance. Lent is a season with certain penitential days for the members of the Church to devote themselves in a special way to prayer, perform works of piety and charity, and not thinking of themselves by doing something to be more faithful and get closer to God. In addition, the church observes fast days (Ash Wednesday and Good Friday) and days of abstinence where you choose to not partake in something (No consumption of meat on Fridays), according to the norm. **SUMMATION OF CODE OF CANON LAW 1249 FOR TEENAGERS***

NUTRITIONAL DISCIPLINE

1 CORINTHIANS 10: 31 - "SO WHETHER YOU EAT OR DRINK OR WHATEVER YOU DO, DO IT ALL FOR THE GLORY OF GOD."

CREATE A RULE FOR YOURSELF WITH FOOD DURING LENT. A PHYSICAL HUNGER CAN FOCUS OUR THOUGHTS TOWARD GOD AND DRAW US CLOSER TO HIM.

PHYSICAL EXERCISE

1 CORINTHIANS 9: 24, 27 - "DO YOU NOT KNOW THAT THE RUNNERS IN THE STADIUM ALL RUN IN THE RACE BUT ONLY ONE WINS THE PRIZE?

RUN SO AS TO WIN... NO, I DRIVE MY BODY AND TRAIN IT, FOR FEAR THAT, AFTER HAVING PREACHED TO OTHERS, I MYSELF SHOULD BE DISQUALIFIED"

COMMITTING TO DOING SOMETHING PHYSICAL EVERYDAY ALLOWS YOU TO CHOOSE, WITHOUT FAIL, TO USE YOUR TEMPLE AND OUR PHYSICAL EXPRESSIONS TO SPEAK TO THAT OF OUR SOUL. A WALK WITH YOUR FAMILY OR TIME IN THE GYM CAN BE USED TO SANCTIFY ORDINARY LIFE AND FIND GOD IN THE EVERYDAY.

SERVE YOUR HOUSE

MARK 12: 45 - "FOR THE SON OF MAN DID NOT COME TO BE SERVED BUT TO SERVE AND GIVE HIS LIFE..."

IMAGINE DOING 40+ TASKS IN SERVICE TO YOUR FAMILY OVER THIS LENTEN SEASON. EXAMPLES LIKE: DOING THE DISHES, MOWING THE YARD, CLEANING WINDOWS, SCRUBBING A TOILET, MAKING YOUR BED EVERYDAY, OR IN A SPECIAL WAY DEDICATE QUALITY TIME WITH FAMILY MEMBERS. THERE IS MUCH GROWTH IN HOLINESS IN SERVING YOUR FAMILY AND YOUR HOME ALONG WITH CREATING A PRESENCE OF PEACE AND LOVE.

COMMITTED PRAYER TIME

MATTHEW 6: 6 - "WHEN YOU PRAY, GO TO YOUR INNER ROOM, CLOSE THE DOOR AND PRAY..."

SELECT A SPECIFIC PLACE, A CERTAIN TIME OF DAY, AND A SPECIFIC AMOUNT OF TIME. **EXAMPLE:** ADDRESS GOD, TELL HIM THE THINGS YOU ARE THANKFUL FOR, PRAY FOR PEOPLE IN YOUR LIFE, ASK ABOUT THE THINGS ON YOUR HEART.

SPIRITUAL READING

PSALM 119: 9-10 - "HOW CAN THE YOUNG KEEP HIS WAY WITHOUT FAULT? ONLY BY OBSERVING YOUR WORDS. WITH ALL MY HEART I SEEK YOU; DO NOT LET ME STRAY FROM YOUR COMMANDMENTS."

READING THE BIBLE, THE LIVES OF THE SAINTS OR A SPIRITUAL BOOK. SPENDING DEDICATED TIME TO HOLY SCRIPTURE OR SPIRITUAL WRITINGS, PRAYING THROUGH THOSE WORDS AND ASKING THE HOLY SPIRIT TO SHOW YOU WHAT THEY MEAN IN YOUR LIFE TODAY. COMMIT TO PARTS OF THE BIBLE OR A SPECIFIC BOOK, CHOOSE A SPECIFIC AMOUNT OF TIME YOU WILL DEDICATE TO IT EACH DAY AND ASK THE HOLY SPIRIT TO GUIDE YOU IN WISDOM.

LITURGY OF THE HOURS

PSALM 119:164 - "SEVEN TIMES A DAY I PRAISE YOU BECAUSE YOUR JUDGEMENTS ARE RIGHTEOUS. LOVERS OF YOUR LAW HAVE MUCH PEACE"

SET YOUR DAY TO CONTINUE COMING BACK TO GOD IN PRAYER THROUGHOUT YOUR DAY. DOWNLOAD THE IBRIEVARY APP AND TRY BY STARTING WITH NIGHT PRAYER EACH NIGHT AND ADDING TO YOUR ROUTINE AS YOU GO.



GOOGLE PLAYSTORE



APPLE APP STORE

MY LENTEN GUIDE - TEENS

MY NAME: _____

	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Nutritional Discipline													
Physical Exercise													
Serve Your House													
Committed Prayer Time													
Spiritual Reading													
Liturgy of the Hours													

	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
Nutritional Discipline													
Physical Exercise													
Serve Your House													
Committed Prayer Time													
Spiritual Reading													
Liturgy of the Hours													

	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
Nutritional Discipline													
Physical Exercise													
Serve Your House													
Committed Prayer Time													
Spiritual Reading													
Liturgy of the Hours													

	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Nutritional Discipline						
Physical Exercise						
Serve Your House						
Committed Prayer Time						
Spiritual Reading						
Liturgy of the Hours						