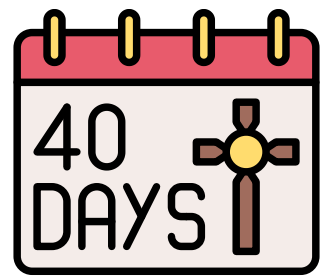


Pope John Paul II Award
Monthly Meeting
Lent



Theme:
Lent

Opening Prayer:

Dearest Lord, teach me to be generous; teach me to serve you as You deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labour and not to ask for reward save that of knowing I am doing Your Will.

Ice breaker:

Rock paper scissors tournament

Input:

PICK SOMETHING FOR THE 40 DAYS OF LENT, OR EVEN A DIFFERENT CHALLENGE EACH WEEK

- Limit your screen time.
- Give up snacking for the day, or even just after your evening meal.
- Don't check your social media in bed.
- Pray in gratitude for the day instead!
- Give up complaining for the day!
- Look for positive things to say instead!
- Go for a walk: get some exercise and notice the beauty of the world around you!
- Offer to do someone else's household chores today... and then go do them!
- Declutter: get rid of whatever you don't need to hold onto - spiritually / physically!
Focus on family when you're with them: leave your phone aside!
- Fast from Selfies.
- Fast from YouTube.
- Fast from thinking negatively about yourself!
- Fast from gossip!
- Fast from pretending you're too busy to pray!
- Fast from meat on Fridays.
- Fast from your favourite food.
- Fast from the snooze button (it's called the Heroic Minute!)
- Read one passage of Scripture every day (start with the Gospels or the Psalms)
- Give up wearing headphones when in company.
- Give up saying "God" or "Jesus" outside of a prayer.
- Do an examination of conscience every night.
- Listen to some good Catholic podcasts.
- Give up being sarcastic.
- Go to Confession even if it's a little scary to think about it.
- Give up watching or making TikTok videos! Give up checking your phone every 2 minutes.
- Give up hiding your light (your talents)



- Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday.
- It's a period of preparation to celebrate the Lord's Resurrection at Easter.
- During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting.
- We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Check in with Activities

Check in with how everyone is getting on so far. Check cards to see they are being filled in and completed.

Ice breaker

Bucket list

Closing Prayer

God our Father,
Saint John Paul II tells us to trust Christ;
To listen attentively to his teachings,
To fix our eyes on his face,
To persevere in listening to his Word,
To allow him to focus our search and our aspirations and all our ideas and the desires of our heart.

Help us God our Father,
to do this so that all the actions
and decisions of our lives are done with Jesus
who is our Savior and friend for ever and ever.
Amen.

Our Lady of Knock pray for us, and for the young people of Ireland.

Refreshments

