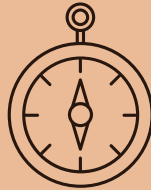
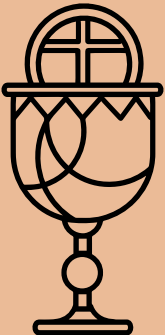


# INTO THE WILDERNESS

SURVIVAL  
GUIDE



LENT  
2021



SHREWSBURY YOUTH  
MISSION TEAM



# LENT

## RESOURCES

### Ash Wednesday

#### ACTIVITY

Bury the alleluia!

Did you know that we don't say 'Alleluia' in the liturgy during Lent? The word itself comes from the Hebrew translation of the phrase 'praise the Lord', in the Psalms it is used to bring joy and celebration. This approach to 'Alleluia' doesn't really fit it with the focus of penance, fasting and sacrifice that Lent is known for.



Because of this, a tradition grew among Christians over the centuries to 'bury the Alleluia' during Lent and dig it up again at Easter! Why not do this at home too? You can create an 'Alleluia' in whichever way you like. It could be a print out, a collage, wooden letters, drawn free hand and coloured in, do whatever you family would enjoy! Then simply bury your Alleluia in the ground (make sure you have permission from whoever's garden it is!) if you don't have access to a garden you could always hide it somewhere in your house.

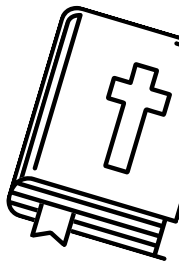
As you bury your Alleluia you could discuss as a family what your Lenten promises are going to be and the significance of this season. Don't forget to dig it back up at Easter!

#### SCRIPTURE

Matthew 6:1-6, 16-18

"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

"So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honoured by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right



hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door, and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

“When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

## REFLECTION

During Lent we are called to give, pray, and fast. In this Gospel passage, Jesus gives us some tips on how to do these things properly.

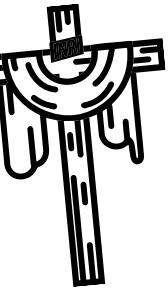


The key to all these three practices is to remember the heart of why we are doing them: to bring us closer to God and to place him at the centre of our lives.

We should remember that when we are giving to others and helping them, God lives within that person. That when we are praying, it means spending time with our friend, Jesus.

And that when we fast, it's not just so that we can give something up, it's to remind us of our need for God over anything else. So let's get .

our priorities right this Lent and make sure our Lenten promises lead us closer to Him.



## PRAYER

One person can lead this prayer and the rest of the family/group finishes each line by saying 'Amen'.

Leader: We leave our sins behind us.

All: Amen

Leader: We turn to God with prayers and penance.

All: Amen

Leader: For he is kind and merciful.

All: Amen.

Leader: Let us go forward, keeping our Lenten promises, to love and serve the Lord with all our hearts.

All: In the name of the Father and of the Son and of the Holy Spirit Amen.

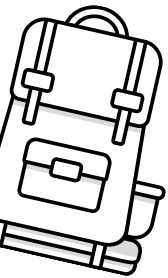
## CHALLENGE

During Lent we're asked to spend more time in prayer, it helps us to put God at the centre of our lives, but it can be hard to find a good place to pray in. It can be helpful to have a dedicated prayer space in your home. It doesn't have to be anything fancy or a large space but simply a corner, chair or set of items that help you to focus on your time with God.



Create a prayer space in your own home that you can use for your quiet time each day. Here are some ideas for your prayer space:

- ~ A comfy chair or cushion
- ~ A candle (or a battery one to be safe) to remind us that Jesus is the light of the world
- ~ A Bible
- ~ A notebook and pencil to write down your prayers
- ~ An image of Jesus to remind us who we are talking to



# LENT

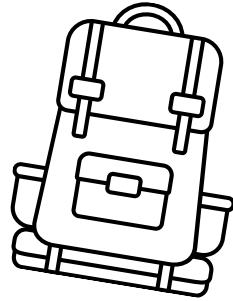
## RESOURCES

### 1st Sunday of Lent

#### ACTIVITY

Make a Lent jar of different ways you can pray, fast and give. Cut out some small strips of paper, write down as many ideas that you can think of and keep them in an empty jar/glass/bowl. Here are some to help you:

- Say a decade of the rosary
- Help with a job around the house
- Write a list of people you want to pray for
- Video chat with one of your friends to cheer them up
- Donate an item to the food bank
- Learn about a new saint
- Call a relative or friend for a chat
- Tidy your room
- Pay a compliment to each person in your house
- Spend 5 minutes quietly, by yourself, talking to God



Each time you need an idea to enter more deeply into Lent, take one from your jar and carry it out.

#### SCRIPTURE

Mark 1: 12-15

At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"





## REFLECTION

It can be easy to think that Jesus spent His 40 days and nights wandering aimlessly around the desert, but this week's scripture tells us that the Holy Spirit sent Jesus into the wilderness. Jesus used this time to connect with His Father in Heaven through prayer. It makes us think about our own Lent: are we going to wander through it aimlessly or are we going to allow the Holy Spirit to guide us?

You may want to watch '40 Days by Matt Maher' on YouTube to help you reflect on this week's scripture passage.

<https://www.youtube.com/watch?v=NWKRhk-y10>

## PRAYER

Jesus, sometimes it feels as though life is like the wilderness, that I am alone and a little bit lost. When that happens, remind me that you are very close to me, you are with me in the desert.

Help me to reach out to others that might feel as though they are alone too. I want to allow the Holy Spirit to guide me to those who need to know your love and peace.

This Lent, may I draw closer to you and follow in your footsteps.  
Amen



## CHALLENGE

Create your own time in the wilderness by spending some time screen free this week. You could even go totally tech free for a day! How will you spend your extra time?

