

+HIGH FIVES+

Lent

a Time to Give



LIGUORI
kids

Paige
Byrne
Shortal

Hello

Lent.

Let's start with the word itself.

Did you know the word Lent comes from the Latin word for springtime? Another Latin word, lente, means "slowly." Lent is a time to slow down, think about how our life is going, what we are doing, how we want to live, and what we need to do to live better, healthier, holier lives. You are now in the springtime of your life. It's a growing time when your bodies need a lot of nourishment and fresh air and sunshine. Just as your body is growing, so is your spirit. This little book was written to help nourish your growing spirit by guiding you through the season of Lent, lente, slowly, day by day. I hope you have a good and holy Lent and an Easter full of joy—and chocolate bunnies! God bless you.

Paige Byrne Shortal

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Ash Wednesday



Ready?

Set?

Oooops!

That's how I feel about today—Ash Wednesday.

It's like a race that begins and I need to tie my shoe.

I'm not ready.

I haven't figured out what I'm going to "do for Lent."

Am I going to give up sweets?

(That's hard for me.)

Or am I going to pray ten minutes more every day?

(That's hard to remember sometimes.)

Or am I going to give more money to the poor?

(It's hard to be that unselfish.)

Whatever it is I'm going to do, I'm not ready.

Do you feel like that?

If you do, here's something a lot of people don't know.

Today is not really the beginning of Lent.

But it is the beginning of the Lenten fast

and time to get ready for the season of Lent,
which really begins on Sunday.

Ash Wednesday

Lent is a time for giving.

For giving up something—we call that *fasting*.

For giving our attention to God—that's *prayer*.

For giving to others—that's called *almsgiving*.

For giving in—Wait!—Giving in?!

That sounds strange, I know.

But have you ever fought with someone who loves you,

and when it's time to make up,

you're still kind of mad and you won't give in?

Then finally, you do, and it feels sooooo good

to be right with that person again.

That's called *reconciliation*.

Finally, Lent is a time for giving more—

a time for growing in holiness;

a time for thinking about being saints.

Maybe one thing you can do for Lent

is read this little book every day.

That's called a daily *discipline*—

something you promise to do every day.

Can you think of what will help you remember to

read this book every day?





Thursday After Ash Wednesday

Did you receive ashes yesterday?

When the priest or minister put the
ashes on your forehead,
did you hear the words that went with them?

You may have heard,
"Remember that you are dust,
and to dust you will return."

Or the minister or priest may have said
"Turn away from sin and be faithful to the Gospel."

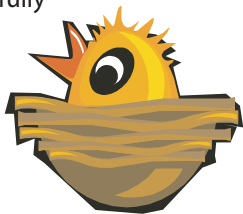
Both mean that we are supposed to live fully
because time passes.

Once you were five years old
and you never will be five again.

This is the only time you are going to be
the age you are now.

So love your life and live it the best you can.

What can you do today
and for the season of Lent
that will help you live the best you can?



Friday After Ash Wednesday

Do you remember receiving ashes two days ago?
Do you know where the ashes came from?
Maybe you remember waving palms on Palm Sunday.
The ashes were made from burning last year's old palms.
Those palms were once living and growing
and when they died,
we blessed them and used them to remind us of Jesus
and how he rode into Jerusalem on a donkey.
Even when we burn up the palms,
they are still useful as ashes to remind us of Jesus.
If you think about it,
everything you see can remind you of Jesus.
How about your desk?
Well, your desk is made of wood and Jesus
died on a cross made of wood.
Close your eyes for three seconds.
When you open your eyes,
what is the first thing you see?
How can it remind you of Jesus?



First Sunday of Lent



Desert

Today we hear about

Jesus going into the desert.

He went into the desert to get away from distractions.

Even Jesus needed to find a quiet place,

and he didn't have television and radios

and telephones and computers

and Xboxes and...and!

We are surrounded by a lot of noise!

If even Jesus needed to go to the desert

so that he could hear God's voice,

maybe we need the desert even more.

For Lent can we make a kind of desert place for ourselves?

Just a little place—

maybe a corner of our bedroom

or even just a drawer.

A place where we put only things that

remind us to talk to Jesus about the day.

A place where there are no distractions.

Where are you going to make your desert place,

and what will you put there?



O that today you would listen to his voice!

Do not harden your hearts.—Psalm 95