

## LENTEN PARTICIPATION ASSIGNMENT

On Ash Wednesday, February 26<sup>th</sup>, the Church will be entering the season of Lent. The central theme of Lent is address our temptations and to repent for our sins. So, how do we do this?

### 1. We pray.

*In various gospel accounts, Jesus talks about the importance of prayer and quiet space with God. In Philippians 4:6, St. Paul reminds us of this.*

### 2. We cleanse ourselves of whatever sin is separating us from the Lord.

*This comes from the gospel, Matthew 3:1, where John the Baptist tells us to repent and make a straight path for the coming of the Lord.*

### 3. We commit to a 40 day penance.

*This comes from the biblical importance of '40'- time enough to learn something. Many of God's people experienced this '40' including Jesus who did penance (fasted) in the desert for 40 days. What can you fast from OR commit to doing better for the next 40 days - learning self-control and discipleship?*

These three things aren't simple. They aren't easy. They take commitment and sacrifice—and God's grace.

To help you in your efforts to make this Lent a time of spiritual growth, we are assigning that you would write a reflection on one (1) worship/ penance service that you attend during the six weeks of Lent. If you are a practicing Catholic (Lutheran, Methodist, Baptist, etc.) this should be at your own church. If you are not committed to a particular faith, this may be at any Christian church. You will attend and then reflect on the experience. Do not be embarrassed to take notes during the service if this will help you. **You may not use any experience which is sponsored by SMCC during the SMCC school day or a school sponsored event like a retreat.** You may use any SMCC Mass, Prayer or Confession which is done before or after school.

Please answer the following in a typed 1-2 page paper:

1. Place of Worship
2. Date & Time of Service
3. Type of Service (Sunday Mass, Penance Service, Wednesday Night Worship, etc.)
4. Name of the Presider/Priest/Pastor/Minister/Deacon (whichever applies)
5. Scriptures that were used at the Service (citation and 2-3 sentence summary for each)
6. A one paragraph summary of the Reflection/Teaching given at the Service
7. Description of how the Church environment promoted the Season of Lent
8. Description of how the Music promoted the Season of Lent
9. Explain how attending this Service was of value to you

**This paper will be turned to your Theology class by Wednesday, April 15<sup>th</sup>.**