

Prayer & Reflection



Week beginning: **Tuesday 25th February**

Theme = Lent – Fasting or Give Something Up!

Catholic Social Teaching = SOLIDARITY

Gospel = First Sunday in Lent (Year A)

The Wednesday Word

The logo for 'Hallow' is centered on a purple square. The word 'Hallow' is written in white, with a blue circle above the letter 'o' and a horizontal line above the 'o' and 'w'.

You are invited to 10 minutes of prayer and reflection every Wednesday.

Join Jonathan Roumie (Jesus- The Chosen), Jeff Cavins, Mark Wahlberg, Chris Pratt and Gwen Stefani as we reflect on the Gospel on the day.

8am

12:40pm (First lunch)

1:30pm (Second lunch)

Venue- School Chapel.



LENT

Traditionally, fasting during Lent means not eating meat (except Fish) on Ash Wednesday, Good Friday and all other Fridays in the year.

Lent is the time where we give up things to focus on Jesus' sacrifice of dying on the cross. Jesus fasted for 40 days in the desert, avoiding Satan's temptations. Not only does fasting help us to learn better self-control, but our hunger pains remind us of our hunger for God.

A collage of various chocolate products including bars, shavings, cocoa powder, and discs. The background is a dense arrangement of these items, with a central pile of cocoa powder and chocolate shavings. The text is overlaid on the left side of the image.

**You might hear of people
giving up chocolate or sweets
during Lent.**

**However, giving up anything
you chose can be a good thing
to do – and it doesn't have to
be food!**

Why not be creative?

For example, try giving up:

- social media for one day each week
- complaining!
- video games for one day each week
- gossiping
- watching television for one day each week

What else could you give up during Lent?

Why not –take something up instead of giving up!

Here are some ideas to help you:

1. Going to mass regularly during Lent; or try to go to extra masses
2. Praying more often; or saying night time prayers better each evening
3. Making a special effort to help more at home – e.g. washing up, helping to make a meal, helping with cleaning the home.



THE
BIG

You might say “what difference does it make?”

When you do any positive action, however small, for someone else, or for a cause, it is showing **SOLIDARITY**. Even if they never find out what you’ve done, it doesn’t matter – you and God will know.

SOLIDARITY is one of the key elements of Catholic Social Teaching.

If you sign up for the Big Lenten Walk (you could do this as a part of the Colour Run activity), this is showing **SOLIDARITY** with other people, including helping those people suffering from global poverty.



You might say “what difference does it make?”

Remember some of the money we raise will be donated to CAFOD. This will help CAFOD in their work to help other people suffering from poverty across the world.

During the Big Lenten walk if you aim to walk 5km every day for the 40 days of Lent – you will meet the 200km challenge.

However, you can set a smaller PERSONAL target if you want to.
If every student in the school could gain just £1.00 in sponsorship money – this would raise £1300 for CAFOD.

Prayer for Giving Up

Give up harsh words: use generous ones.

Give up unhappiness: take up gratitude.

Give up anger: take up gentleness and patience.

Give up pessimism: take up hope and optimism.

Give up worrying: take up trust in God.

Give up complaining: value what you have.

Give up stress: take up prayer.

Give up judging others: discover Jesus within them.

Give up sorrow and bitterness: fill your heart with joy.

Give up selfishness: take up compassion for others.

Give up being unforgiving: learn reconciliation.

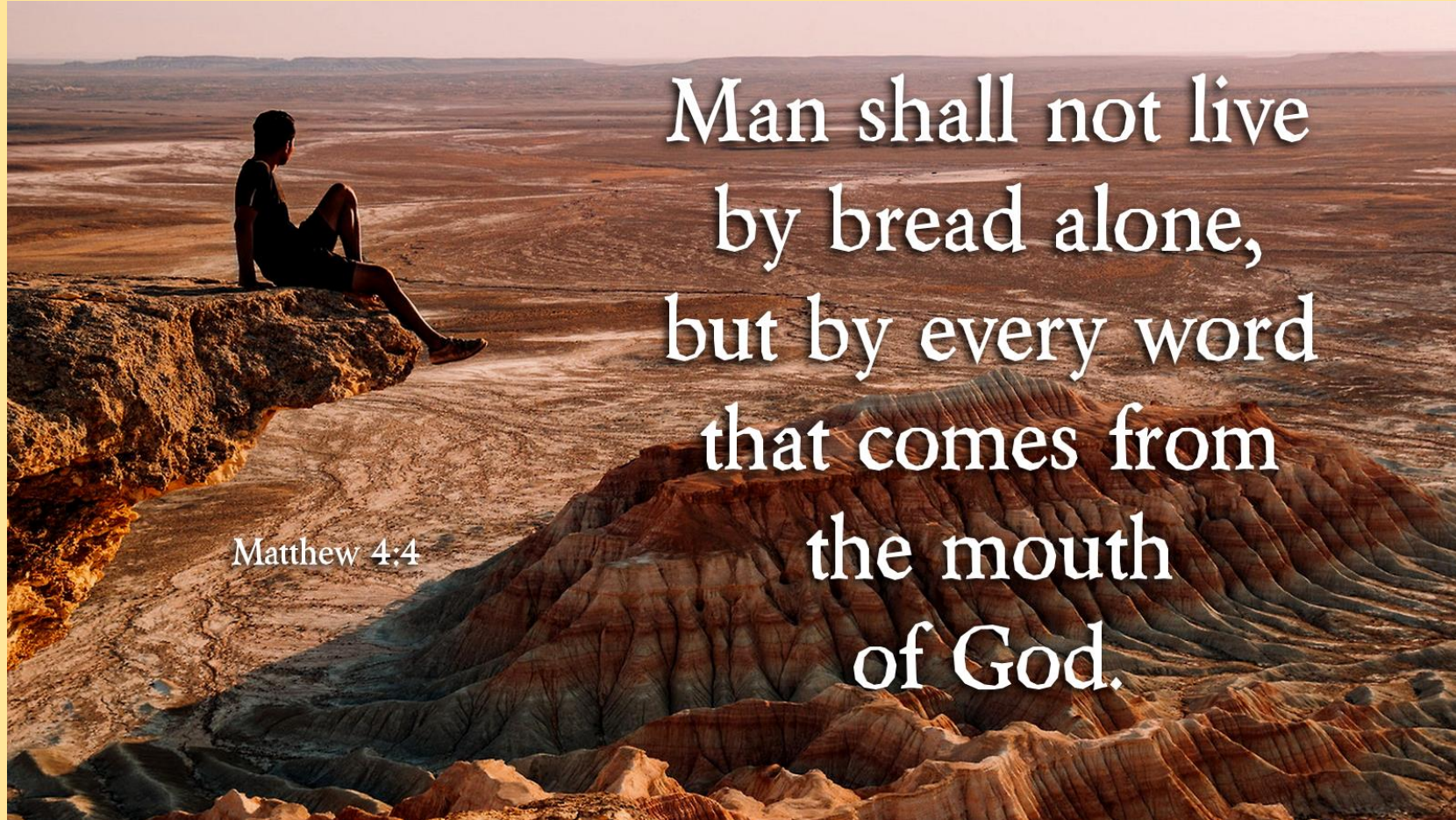
Give up words: fill yourself with silence, and listen to others



**St John the Apostle & Evangelist,
pray for us. Amen**

**inspirati a christo
Go Forth Today and
Be Inspired by Christ**

Sunday Gospel = First Sunday in Lent (Year A)



THIS WEEK'S GOSPEL READING – First Sunday Lent

A reading from the Gospel according to Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.”

He said in reply, “It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God.”

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, “If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone.”

Jesus answered him, “Again it is written, You shall not put the Lord, your God, to the test.”

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, “All these I shall give to you, if you will prostrate yourself and worship me.”

At this, Jesus said to him, “Get away, Satan! It is written: The Lord, your God, shall you worship and him alone shall you serve.”

Then the devil left him and, behold, angels came and ministered to him.



Reader = the Gospel of the Lord.

RESPONSE = Praise to you Lord Jesus Christ.

Explanation of this week's Gospel reading



In the gospel reading this week, there are **THREE** key messages:

Temptation and Resistance: Jesus is tempted by the devil but resists. This teaches us to stand strong against temptations in our lives.

God's Help in Trials: Jesus' time in the desert shows that God is with us in our struggles. We can rely on God's help when we face challenges.

Scripture as Guidance: Jesus uses Scripture to counter the devil's temptations. This shows the power of God's word in guiding us and protecting us.



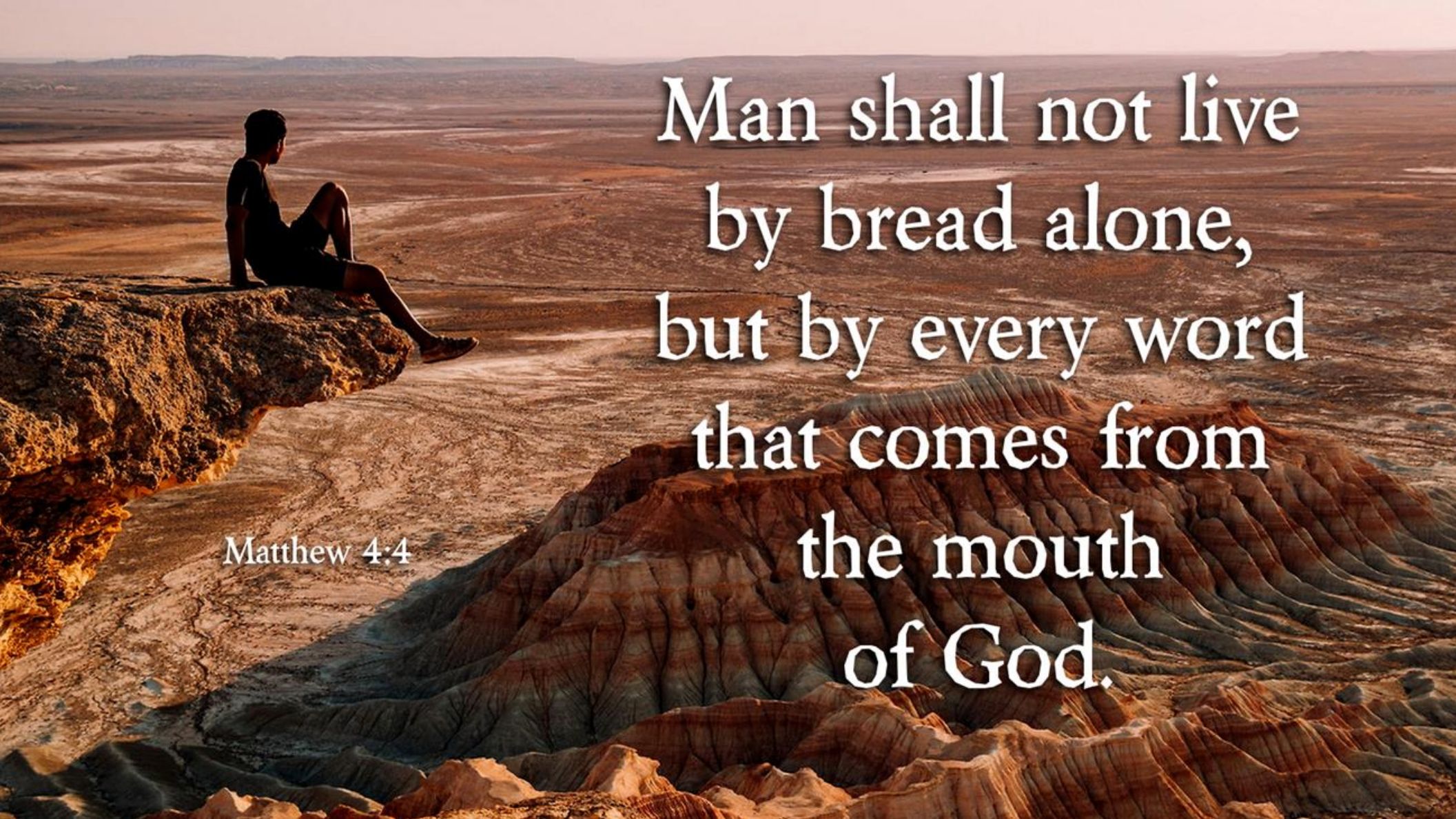
REFLECTION TASK

The following *Fasting and Feasting Prayer* offers a unique approach to Lent. It shifts our focus from just giving things up to also filling our lives with something better. While many prayers during this season of Lent, focus on sacrifice, this one encourages us to replace negative habits with positive ones.

It helps us remember **that Lent is about spiritual growth**, not just self-denial. Each line offers a practical way to live out the spirit of Lent. It can be a simple yet powerful guide to help deepen our Lenten experience.

You can focus on one line each day, using it as a guide to improve your habits and mind-set throughout Lent.

WORD OF THE WEEK

A person is sitting on the edge of a rocky cliff, looking out over a vast, arid landscape. The terrain is characterized by deep, eroded gullies and ridges, typical of a desert environment. The sky is clear and bright, suggesting a sunny day. The overall scene conveys a sense of solitude and contemplation.

Man shall not live
by bread alone,
but by every word
that comes from
the mouth
of God.

Matthew 4:4

FASTING AND FEASTING

Fast from judging others; feast on Christ within in them.
Fast from emphasis on difference; feast on our bonds

Fast from fear of illness; feast on the healing power of God.

Fast from apparent darkness; feast on God's light.

Fast from words that cut down; feast on speech that uplifts.

Fast from gossip; feast on affirmations.

Fast from discontent; feast on gratitude.

Fast from pessimism; Feast on hope.

Fast from anger; feast on patience.

Fast from negatives; feast on encouragement.

Fast from resentment; feast on forgiveness.

Fast from suspicion; feast on truth.

Fast from self-centeredness; feast on compassion.

Fast from complaining; feast on appreciation.

Fast from giving up; feast on enthusiasm.

Fast from the shadows of sorrow; feast on trust in God.

Fast from focusing on problems; feast on unceasing prayer.

Fast from anxiety; feast on faith.



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pray for us. Amen**



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