

YOUTH NEWS

CHRIST THE KING UNIVERSITY PARISH

Lent: 1st Sunday of Lent

Sunday March 9, 2025

Lead Story Headline:

Forty Days



In This Issue...

- Luke 4:1-13
- Brainstorm
- What Do You Think?
 - Activity: Prayer, Fasting, Almsgiving
- Food For Thought
- Boredom Busters:
 - Lenten Basics

Gospel: Luke 4:1-13

"After Jesus was baptized in the Jordan River, the Spirit led him into the desert for forty days, and the devil tried to tempt him. For all those days, Jesus did not eat any food, and he was hungry. So the devil said to Jesus: 'If you are the Son of God, tell this stone to become bread.' But Jesus said to the devil: 'It is written in the books of Moses, 'People do not live just by eating food.'" Then the devil took Jesus up and showed him all the kingdoms of the world, and said: 'I will give you all the power and glory of these kingdoms if you will worship me.' But Jesus said, 'It is written in the book of Moses, 'You must worship God, and only God!'" Then the devil took Jesus to the very top of the temple in Jerusalem, and said to him: 'If you are the Son of God, jump down from here, because it is written in the book of Psalms, 'God will tell the angels to take care of you, and they will catch you so that you will not hurt your foot on a rock.'" But Jesus said, 'It is also written, 'You shall not test your God.'" After these temptations, the devil left Jesus and waited for another time to come again."

This is the Good News of the Lord.
Novalis. (1990). Sunday Book of Readings Adapted for Children, Year B. Outremont, Quebec: Novalis.

What Do You Think?

1. Why do you think the devil was trying to tempt Jesus?

2. What does it mean to be tempted? Ask a friend if you need to!

Brainstorm:

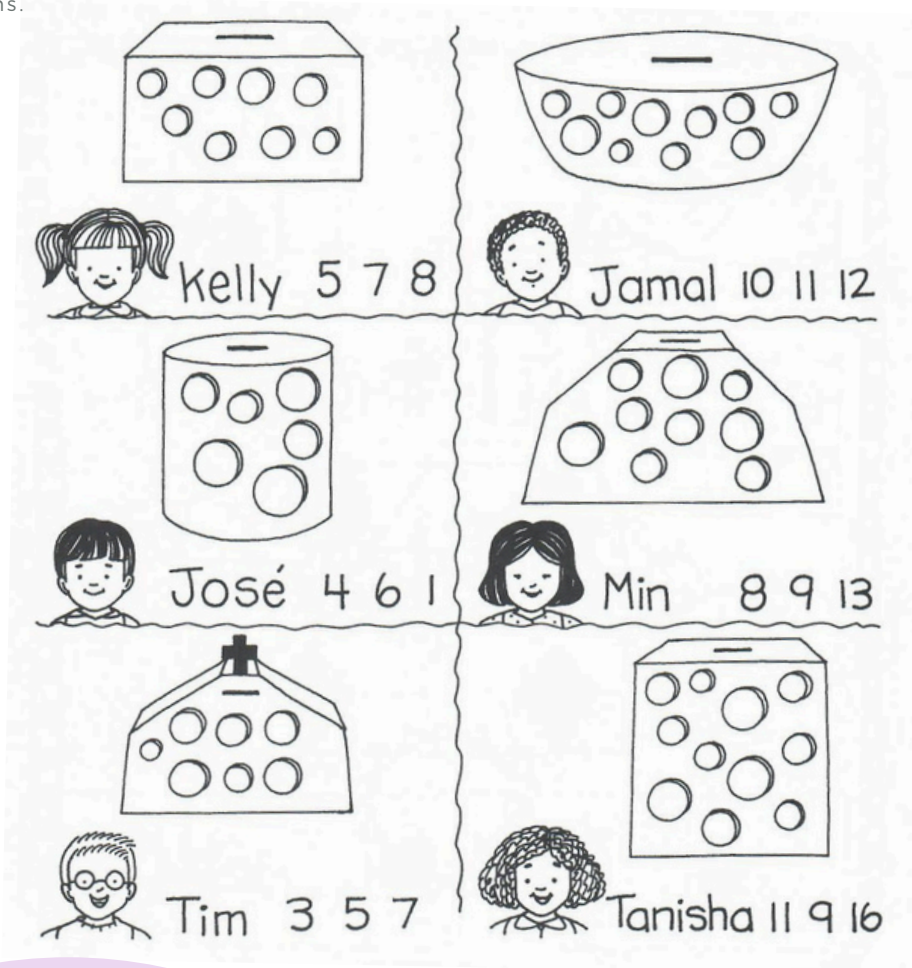
The word "intercession" means to pray for another person or situation. If you could add an intercession at Mass, what would you pray for? Brainstorm a list of people or situations that you would like to pray for and pray them silently in your head next time you are at Mass.

Darcy-Berube, Francoise and Berube, Jean-Paul. (2019). We Share in the Eucharist. Toronto, Canada. Novalis Publishing.

Activity: Prayer, Fasting, Almsgiving

This is the beginning of the season of Lent. It is a time for prayer, fasting and almsgiving (helping the poor). These children are collecting money to give away to those in need. Count the coins in each child's bank and circle the correct number. See if you can save some money to donate too!

Lucey, M. (2007). Catholic Corner Puzzles and Activities, Year C (Ages 7-10). Illinois, United States of America: World Library Publications.



Food For Thought:

The Jewish tradition is similar to the Christian tradition in many different ways. Do you know much about Judaism? Shabbat is the name of their day of rest and worship which happens from Friday night to Saturday night weekly. This is similar to our day of rest on Sunday's when we go to Mass. What else do you already know about the Jewish faith?

Buller, Laura. (2005). A Faith Like Mine. New York, USA: DK Publishing Inc.

"I will bow down in your holy temple. I will give thanks to your name, for your love and your faithfulness."

Psalm 138

Boredom Busters: Lenten Basics

Prayer, fasting and almsgiving are the three basic pillars of Lent. Do you already know what these things are? Prayer involves talking to God. Fasting is about not doing something that we like to do or not doing something that we shouldn't be doing anyways.

Almsgiving is about working together as God's family to help others who need it. How do you think you can practice each of these pillars throughout and after Lent? Below are some ideas to get you started!

- Prayer:
 - Begin every day with the Sign of the Cross: In the name of the Father and of the Son and of the Holy Spirit.
 - Ask God to stay with you throughout the day.
 - Visit your church on a day other than Sunday to talk to God.
 - Make a list of people who need prayers and pray for one of them every day.
 - Reflect on your day each night and ask God to be with you again tomorrow.
- Fasting:
 - Give up something that you like as a sacrifice such as your favourite show or game, or eating your favourite dessert.
 - Give up arguing or a bad habit that you have and give it up for good.
- Almsgiving:
 - Organize a bake sale and give the money to a charity.
 - Give some of your toys to the poor.
 - Share your lunch when someone has forgotten theirs.
 - Let someone take an extra turn in a game.
 - Forgive someone who has hurt you.

Living Faith Kids - What We Do In Lent

"If you live by my
Word, the Good
News of God is
for you."
Gospel Acclamation

