

# Our Lenten Journey

## February 15, 2023

[PULL UP: US Conference of Catholic Bishops Website.]  
[United States Conference of Catholic Bishops \(usccb.org\)](http://usccb.org)

### 1. Welcome

- Hand out Journey of Faith [C6].
- Hand out Lent 2023.
- Hand out Lenten calendar.

### 2. The Lenten Season & Biblical Roots

- Read: The Lenten calendar.
- Question: Where does Lent come from?
- Read: Matthew 4: 1-11. The temptation of Christ.
- **[Leader Comments]**

### 3. The Purpose of Lent: “You Are Mine”

- Question: What is the purpose of Lent?
- Question: What is a “season of preparation?”
- Fr. Mike Schmitz: The Significance of Ash Wednesday.
- **[Leader Comments]**

### 4. The Three Pillars of Lent

- Prayer.
- Fasting.
- Almsgiving.
- Ask Yourself: How do we pray during Lent?
  - The Sacrament of Reconciliation.
  - Friday Stations of the Cross.
  - The Holy Rosary.
- Ask Yourself: What does it mean to fast? FAQs.
- Ask Yourself: What is almsgiving?
- Fr. Mike Schmitz: Preparing for Lent.
- **[Leader Comments]**

5. *Catechism of the Catholic Church* 1168

- [What is Lent? | USCCB](#)
- [United States Conference of Catholic Bishops \(usccb.org\)](#)
  - Part 2: Celebration of the Christian Mystery
  - Chapter 2: Celebration of the Paschal Mystery
  - Article 1: Celebrating the Church's Mystery
  - III: When is the Liturgy Celebrated?
- **[Leader Comments]**

Closing Prayer