



OFFICE OF  
*Youth Ministry*  
DIOCESE OF HAMILTON

# *Luke Through Lent*



During Lent we are called to pray, fast and give alms. These practices are not meant to be burdensome or a challenge; rather, they are meant to be acts of sacrifice that draw us closer to our Lord. Over the next six weeks of Lent we pray that these reflections will help you grow closer to the Lord.

In this series, we will be praying with the scripture for the upcoming Sunday Gospel and a paired illumination from **The Saint John's Bible**. We will continue to reflect on the Sunday Gospel through the suggested activities the following week.

# LUKE THROUGH LENT: *Prayer Guide*

Welcome to the **Luke through Lent Series for Teens**. Using the Sunday scripture and imagery from **The Saint John's Bible** you are invited to sit and reflect on what God is saying to you in His Sacred Revelation and also what God is showing you in the beauty of the illumination.

Each week you will find the Sunday Gospel and a paired illumination for your reflection. When praying with the scripture and image you are encouraged to use the following process:



**Listen:** Find a comfortable space to sit and read the scripture passage. Reflect quietly on what you heard.



**Visualize:** As you read the scripture a second time, try to visualize and imagine what you are hearing in the passage as you read it.



**See:** Reading the passage for the third time, look at the Illumination paired with the scripture.



**Ask yourself:** Once you have concluded reading the passage for a third time consider these and the additional weekly questions:

- What images stand out for me?
- What do some of the different colours represent?
- How does this illumination help me better understand the Word of God?

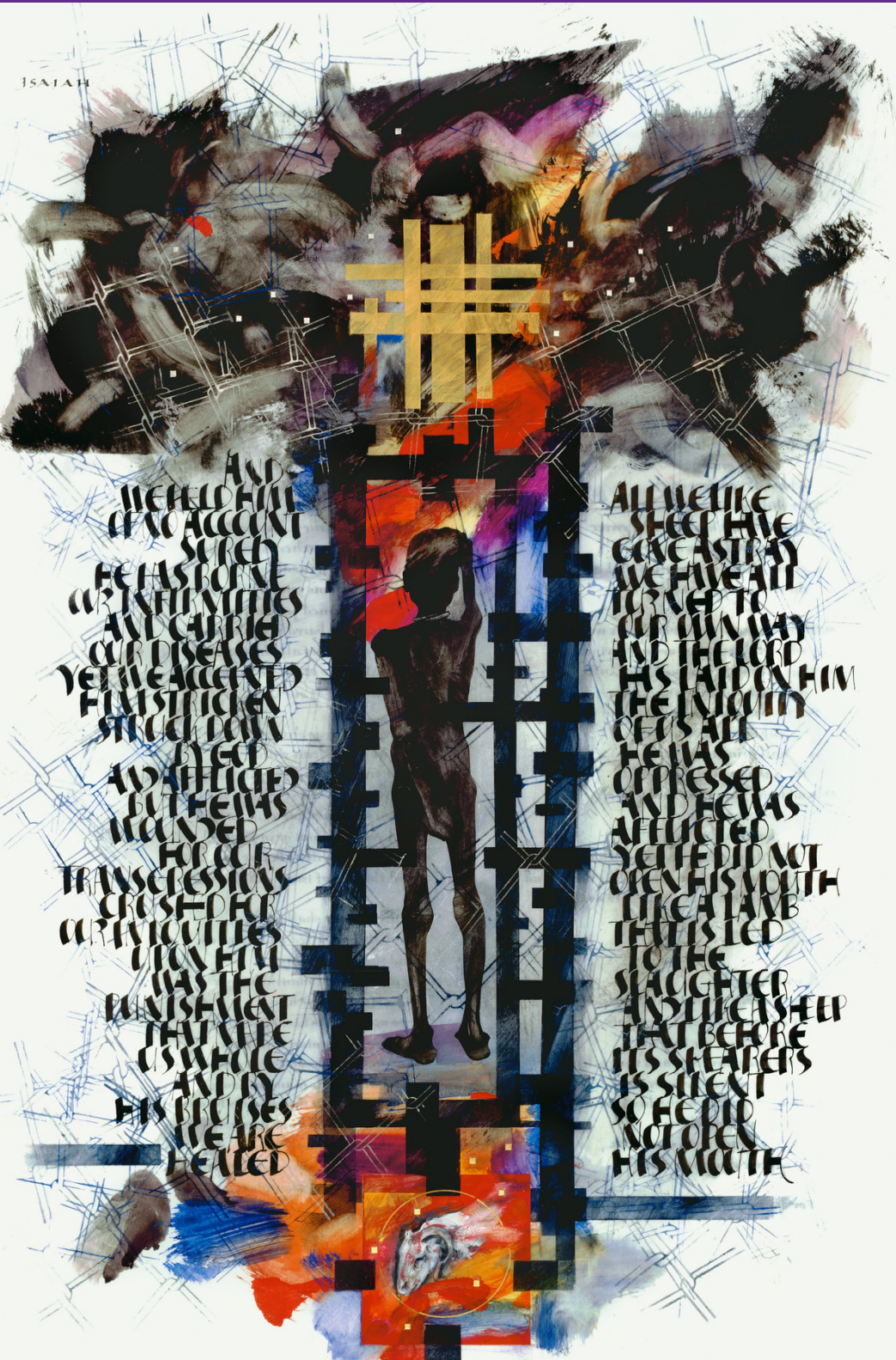




LUKE THROUGH LENT:

# The Suffering Servant

FRIDAY, MARCH 4, 2022



Welcome to the first week of Lent and the first of our six Visio Divina experiences over the course of this Lenten journey. Each week, we invite you to sit with the illumination (image) that has been paired with this Sunday's Gospel in reflection of not only what God is saying to you in His Sacred Revelation, but also, what God is showing you in the beauty of the illumination.

Take an opportunity today to read and reflect on this coming Sunday's Gospel:

## Luke 4:1-13

**Reflection:** In Sunday's Gospel, we hear of the account of Jesus being led into the desert by the Spirit to be tempted, isolated, and hungry. He is not comfortable, nor resting peacefully. Rather, he is being prepared and molded for something special – He is being prepared to give of His life. Jesus' discomfort is transformative.

We are called during the Lenten season to fast not just so we "give something up" but so that we can grow closer to our Lord.



# LUKE THROUGH LENT: *Working through the Week*

## Prayer:

Take some time to pray with this Sunday's Gospel and associated illumination.

## Sunday Gospel: Luke 4:1-13

A guide can be found on page two.

After sitting and praying with the Gospel and illumination consider these reflection questions:

- 1) During times that are challenging or trying how do I respond?
- 2) When faced with difficulty, do I turn towards the Lord or away from Him and why?
- 3) When I face challenges do I see an opportunity for growth?

## My thoughts this week:

(write down your reflections from your prayer and activity time)

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## Activity:

Take some time this week to make a plan for Lent in the hopes that you will grow closer to our Lord. What are some concrete things you can do to give alms, fast, and pray this Lenten season? Consider what brings you closer and what pulls you away from the Lord.





LUKE THROUGH LENT:

# The Transfiguration

FRIDAY, MARCH 11, 2022

Take an opportunity today to  
read and reflect on this coming  
Sunday's Gospel:

## Luke 9:28b-36

### Reflection:

In Sunday's Gospel, we hear of the Transfiguration of Jesus. While praying, the Lord's appearance changes and he is adorned in white. The voice of God comes from heaven and proclaims, "This is my chosen Son; listen to him". The beloved disciple Peter proclaims, "Lord, it is good that we are here".

As we journey through Lent, let us look for opportunities to give thanks for moments adorned in God's glory. Let us not take them, nor the Lord's faithful presence for granted. Let our prayer most regularly be, "Lord, it is good that we are here."

In the scripture, God tells us to Listen to his son. When we do so, when we follow His example, we glorify God and shine His light to the world.



## Prayer:

Take some time to pray with this Sunday's Gospel and associated illumination.

## Sunday Gospel: Luke 9:28b-36

After sitting and praying with the Gospel and illumination consider these questions:

1. Through whom or where in my life is God illuminating Jesus right now?
2. Am I shining the glory of God through my personal life, with my peers, in my ministry?

### My thoughts this week:

(write down your reflections from your prayer and activity time)

[illegible]

### Activity:

It is good that you are here! How are you shining the Light of the Lord to others in your daily life?

This week intentionally be the light to someone else in your community. Give of your time and talents by volunteering. Or each day this week perform a random act of kindness for someone.





LUKE THROUGH LENT:

# *The Fig Tree*

FRIDAY, MARCH 18, 2022

Take an opportunity today to read  
and reflect on this coming  
Sunday's Gospel:

*Luke 13:1-9*



Sunday's Gospel is not meant to be light and easy, but rather, we are given a great challenge by the Lord to discern what bears fruit and what requires pruning in our lives.

The Lord reminds us of God's ever-enduring patience through the parable of the barren fig tree. However, he warns that if life does not bear fruit, if our actions do not produce goodness, then we need to realign ourselves and find our way back to Him. If we do not repent, we risk falling further away from the heart of God and His plan for our lives.

**Prayer:**

Take some time to pray with this Sunday's Gospel and associated illumination.

**Sunday Gospel: Luke 13:1-9.**

After sitting and praying with the Gospel and illumination consider these questions:

1. In what areas of my life and ministry has there been an "exhaustion of soil"? What needs pruning to bear new fruit?
2. What is my personal fig tree? What am I willing to give time, prayer, and energy to for a while more in the hopes that it will bring about fruit. Am I prepared to let it go otherwise?
3. What areas of my life are bearing "good fruit"? Have I given God thanks for those in abundance lately?

**Pruning Activity:**

We are now heading into our third week of Lent. Reflecting back on what you have decided to fast from this season, how is it going? Have you stumbled?

Today think about your relationship with the Lord and others. Take a piece of paper and make three columns with the headings: Giving Life, Prune, Leave. Take some time this week and reflect on your relationship with the Lord and others in your life. Think about your world:

Giving Life	Prune	Leave
What is leading you closer to Christ?	What is pulling you away from our Lord? What do you need to be rid of to experience the love of the Lord?	What do you need to water? What are the things you need to put more energy and love into to see if they will bear fruit?





LUKE THROUGH LENT:

# Luke's Anthology

FRIDAY, MARCH 25, 2022

Take an opportunity today to read  
and reflect on this coming  
Sunday's Gospel:

*Luke 15:1-3, 11-32*

It is no coincidence that on Rose Sunday we hear one of the best love stories ever told. We hear of the power of a father's love, the endless mercy of God, and the life-changing effect of forgiveness.

Luke's anthology gives us a timely reminder that no one is too far from the reach of God's mercy, and that although we are often busy and can be distracted by everything going on around us, now is as good of a time as any to return home to our Father who loves us.



## Prayer

**Take some time to pray with this Sunday's Gospel and associated illumination.**

## Gospel Luke 13:1-9

After sitting and praying with the Gospel and illumination consider these questions:

1. What relationships in my life need to be reconciled? How can I work towards this goal?
2. Who in my life is searching for love and forgiveness? How can I welcome that person home?

### My thoughts this week:

(write down your reflections from your prayer and activity time)

[illegible]

### Activity:

Parables are a great source for lyrics to popular Christian Music. Here is one of our favourites: [bit.ly/recklessloveofgod](https://bit.ly/recklessloveofgod). Take a listen and use this song for your prayer today.

**What Scripture-focused songs are on your playlist? If you don't have a playlist yet, create one and collaborate with friends.**





LUKE THROUGH LENT:

# The Lord's Mercy

FRIDAY, APRIL 1, 2022

Take an opportunity today to read  
and reflect on this coming  
Sunday's Gospel:

## John 8:1-11



LET  
ANYONE  
AMONG  
YOU WHO  
IS WITH  
OUT SIN



BE THE  
FIRST TO  
THROW  
A STONE  
AT HER

FROM  
NOW ON  
DO NOT  
SIN  
AGAIN

As Lent concludes and the glory of the Cross comes closer into view, we are left with one final and life-giving message from the Lord; extend mercy to one another, and never shy away from the opportunity to challenge one another to strive for holiness.

In a world where scapegoating and blame is commonplace, the Lord challenges us to set our stones aside, to focus on the humanity in one another, and recognize that we are more than the sum of our sins.

Let us encourage one another to live with purpose and intent, walking alongside one another in friendship and community rather than division and discord.





## Prayer:

Take some time to pray with this Sunday's Gospel and associated illumination.

**Gospel (John 8:1-11).**

After sitting and praying with the Gospel and illumination consider these questions:

1. When have I cast stones on someone? When have I shown hatred and judgment instead of mercy and love?
2. When in my life have I been the center of attack and lack of mercy? Have I forgiven those people for their misplaced anger?
3. How can I show others mercy and compassion when they need it most?

### My thoughts this week:

(write down your reflections from your prayer and activity time)

[illegible]

### Activity:

**This week, find some time to go to Confession – there is joy and freedom in forgiveness and the Lord's mercy. This week using the links below take some time and learn more about Sin and how we are called to turn towards the Lord.**

## Video: "A Reflection on the Prodigal Son"

## PDF: "Examination of Conscience"



LUKE THROUGH LENT:

# *The Crucifixion*

FRIDAY, APRIL 8, 2022



As our Lenten journey draws to a close, we prepare for the most holy days of our liturgical year. There are no reflection questions for this weekend or expectations for reflection. Rather, we encourage you to just freely give your heart and mind over to the Lord to journey alongside Him to the Cross.

Take an opportunity today to read and reflect on this coming Sunday's Gospel:

*Luke 22:14–23:56*

These days are to be experienced in their entirety. Take time to pray, be silent and sing songs of glory and praise to our God who conquered the grave for YOU. We are the Sons and Daughters of a King who loves us fiercely and gave of his life so that we might live. Let us rejoice and be glad.

"The second great truth is that Christ, out of love, sacrificed himself completely in order to save you. His outstretched arms on the cross are the most telling sign that he is a friend who is willing to stop at nothing: "Having loved his own who were in the world, he loved them to the end" (Jn 13:1).- Christus Vivit

