FASTING

When Jesus wanted to be close to His Father, He prayed and fasted. We can pray and fast to help us be closer to God.

The Church tells us not to eat certain foods during Lent. Please mark whether a food is OK/NOT OKAY to eat during Lent.

  

[This Photo](https://commons.wikimedia.org/wiki/File%3ABroccoli_clip_art.svg) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/)

 Hamburger Fruits Vegetables Pasta

\_\_OKAY \_\_OKAY \_\_OKAY \_\_OKAY

\_\_NOT OKAY \_\_NOT OKAY \_\_NOT OKAY \_\_NOT OKAY

  

Bread Ice cream Non-meat soup Peanut butter & nuts

\_\_OKAY \_\_OKAY \_\_OKAY \_\_OKAY

\_\_NOT OKAY \_\_NOT OKAY \_\_NOT OKAY \_\_NOT OKAY

Give yourself 1 point for each answer you got correct: \_\_\_\_\_\_\_\_\_\_

\*\*What is one food you will try not to eat during Lent?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Give yourself 1 point if you chose a food not to eat during Lent: \_\_\_\_\_\_

**TOTAL POINTS ON THIS PAGE = \_\_\_\_\_\_\_\_\_\_\_**

SUNDAYS BEFORE LENT

 Sunday of the Publican & the Pharisee

 The Pharisee thanked God that he was so much better than

other men while the Publican begged God to forgive him for being a sinner.

 What is our lesson? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sunday of the Prodigal Son

 A son asked his father to give him his inheritance early,

and he ended up wasting all the money. When he later

returned home, he asked his father for forgiveness and

the father welcomed him back with open arms.

 What is our lesson? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Judgment Sunday

 We remember that on judgment day God will separate us

into two groups of people: sheep, people who showed love

and compassion during their life, and goats, people who

did not love God during their life.

 What things can we do to be one of the “sheep”?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Forgiveness Sunday

 This is the day before Lent starts. We remember Adam and

Eve getting kicked out of Paradise for disobeying God, and

it reminds us we also need to ask for God’s forgiveness.

Besides God, who else should we ask for forgiveness?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Give yourself 1 point for each answer you got right: \_\_\_\_\_\_\_\_\_\_

**TOTAL POINTS ON THIS PAGE = \_\_\_\_\_\_\_\_\_\_\_**









DURING LENT I WILL TRY TO. . .

* Pray more
* Fast
* Give back (do something extra nice for someone)
* Repent (ask God for forgiveness)
* Attend church

#1: SUNDAY OF ORTHODOXY

Give yourself 1 point for each answer you got right: \_\_\_\_\_\_\_\_\_\_

**TOTAL POINTS ON THIS PAGE = \_\_\_\_\_\_\_\_\_\_\_**

#2: ST. GREGORY OF PALAMAS

Give yourself 1 point for each answer you got right: \_\_\_\_\_\_\_\_\_\_

**TOTAL POINTS ON THIS PAGE = \_\_\_\_\_\_\_\_\_\_\_**

#3: VENERATION OF THE HOLY CROSS

Give yourself 1 point for each answer you got right: \_\_\_\_\_\_\_\_\_\_

**TOTAL POINTS ON THIS PAGE = \_\_\_\_\_\_\_\_\_\_\_**

#4: ST. JOHN OF THE LADDER

Give yourself 1 point for each answer you got right: \_\_\_\_\_\_\_\_\_\_

**TOTAL POINTS ON THIS PAGE = \_\_\_\_\_\_\_\_\_\_\_**

#5: ST. MARY OF EGYPT

Give yourself 1 point for each answer you got right: \_\_\_\_\_\_\_\_\_\_

**TOTAL POINTS ON THIS PAGE = \_\_\_\_\_\_\_\_\_\_\_**

TODAY

Are you here at church today? \_\_\_\_\_\_\_\_

Did you bring an icon? \_\_\_\_\_\_\_\_

Did you walk in the ceremony? \_\_\_\_\_\_\_\_



SUNDAY OF ORTHODOXY

A very long time ago, people thought we were worshipping icons and they decided that icons should be removed from the church. In the year 787 it was decided that icons are actually important and should be returned to the church since they remind us of Jesus and the saints. The first procession of icons to celebrate this took place in the year 843.

Do we worship icons? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When you enter a church, what should you do to an icon? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Describe one icon you see in church: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TODAY

Are you here at church today? \_\_\_\_\_\_\_\_

SUNDAY OF ST. GREGORY OF PALAMAS

St. Gregory taught that it’s the duty of all Christians – not just the priests - to always be in prayer. The one special prayer that Orthodox Christians say all the time is the Jesus Prayer.

*Lord Jesus Christ, Son of God, have mercy on me a sinner.*

Please write down the Jesus Prayer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How often did St. Gregory say we should pray?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 points for writing down the Jesus Prayer and 1 point for answering the question.

 \_\_\_\_\_\_\_\_\_\_

BONUS: GETTING READY FOR PASCHA

2 points for each correct answer



LENTEN GOALS (1 point each)

This week did you …

 Remember to pray? \_\_\_\_\_\_\_\_

 Try to fast? \_\_\_\_\_\_\_\_

 Do an extra nice thing?

 (*Write down what you did & give yourself a point.)*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **\_\_\_\_\_\_\_\_**

TOTAL POINTS **\_\_\_\_\_\_\_\_**

BONUS

This week did you attend a weekday church service? (1 point for each service)

\_\_\_\_\_\_\_\_

LENTEN GOALS (1 point each)

This week did you …

 Remember to pray? \_\_\_\_\_\_\_\_

 Try to fast? \_\_\_\_\_\_\_\_

 Do an extra nice thing?

 (*Write down what you did & give yourself a point.)*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **\_\_\_\_\_\_\_\_**

TOTAL POINTS **\_\_\_\_\_\_\_\_**

BONUS

This week did you attend a weekday church service? (1 point for each service)

\_\_\_\_\_\_\_\_

LENTEN GOALS (1 point each)

This week did you …

 Remember to pray? \_\_\_\_\_\_\_\_

 Try to fast? \_\_\_\_\_\_\_\_

 Do an extra nice thing?

 (*Write down what you did & give yourself a point.)*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **\_\_\_\_\_\_\_\_**

TOTAL POINTS **\_\_\_\_\_\_\_\_**

BONUS

This week did you attend a weekday church service? (1 point for each service)

\_\_\_\_\_\_\_\_

LENTEN GOALS (1 point each)

This week did you …

 Remember to pray? \_\_\_\_\_\_\_\_

 Try to fast? \_\_\_\_\_\_\_\_

 Do an extra nice thing?

 (*Write down what you did & give yourself a point.)*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **\_\_\_\_\_\_\_\_**

TOTAL POINTS **\_\_\_\_\_\_\_\_**

BONUS

This week did you attend a weekday church service? (1 point for each service)

\_\_\_\_\_\_\_\_

SUNDAY OF THE HOLY CROSS

Congratulations! You’re at the halfway point of Great Lent. Are you tired? The Church remembers the Holy Cross right in the middle of Lent to help us make it to the finish line.

Jesus said that being a Christian isn’t always easy and anyone who wants to follow Him “must deny himself, take up his cross, and follow Me.”

Please write down ways you can deny yourself and do something for Jesus instead:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 point for each way/max 5 points

BONUS POINT: When you reach the “finish line” of Lent, where will you be?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Are you at church today? \_\_\_\_\_\_\_\_

Did you get a blessed flower? \_\_\_\_\_\_\_\_

SUNDAY OF ST. JOHN OF THE LADDER

St.John teaches us that we need to lead a God-centered life to get to Heaven. If you look at the icon, angels are helping people climb the ladder while the demons (temptations) are trying to pull them down.



Can you see who’s at the top of the ladder? Who are we trying to reach?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write down at least one temptation that might try to pull you off the ladder? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What’s something we can do to help us stay on the ladder? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What happens if we fall off the ladder? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SUNDAY OF ST. MARY OF EGYPT

When St. Mary was a young woman, she lived a very evil life. She was so bad, a force would not allow her to walk into a church. She prayed to God that she would give up her evil life, and then she was able to walk into the church. St. Mary ended up living nearly 50 years alone in the desert where she prayed to God every day, asking Him for forgiveness.

What is our lesson? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

