



# LENT IS A TIME OF encounter

*Photo by Daniel Helfer for CRS*

## INTRODUCTION

During Lent, we walk with Jesus on his road to death and resurrection. Lent is a time of encounter. And, we can use this season of Lent as a special time to respond to the call to be a Church that goes out to encounter ourselves, our neighbor and our God.

This resource is offered for faith formation with spirituality rooted in:

- The liberation of each young person
- The preferential option for the poor
- Our relationship to the Trinity, centered on Jesus Christ
- Our call to communal and personal conversion through solidarity
- The focus and process of V Encuentro

## STRUCTURE OF RESOURCE

Using the structure of the pastoral circle, we recognize that each youth, from their reality, is a protagonist in their community—exploring diverse ways to express themselves, encounter God and examine the reality of injustice in the world.

To this end, this resource has five sessions designed to reflect on Scripture, create unique opportunities for prayer and build global solidarity—personally and communally.

## SESSION 1

### TAKING THE FIRST STEP/PRIMEREANDO

An encounter with Jesus, who calls us to be missionary disciples for personal and communal conversion.

## SESSION 2

### GETTING INVOLVED/INVOLUCRÁNDOSE

An encounter with our realities as a community of missionary disciples.

## SESSION 3

### ACCOMPANING/ACOMPAÑANDO

An encounter with the presence of injustice that moves us to denounce it, and embrace mercy and global solidarity through accompaniment.

## SESSION 4

### BEARING FRUIT/FRUCTIFICANDO

An encounter with our human experience through the presence of Jesus in our life.

## SESSION 5

### CELEBRATING/FESTEJANDO

An encounter with the celebration that is the promise of Jesus' resurrection, and what that means for living a prophetic life of justice and global solidarity.

# SESSION 1: TAKING THE FIRST STEP

**OBJECTIVE:** Participants will explore what it means to be called by God and a “callejero de la fe” by reflecting on the life of Jesus.



BE

## OPENING PRAYER

*Spirit of renewal,*

*Entering this journey of Lent, we pause to reflect on our call to personal and communal conversion. May this special time be an opportunity to encounter ourselves and our communities with a renewed spirit.*

*Amen*



## REFLECTION QUESTIONS

Give time for participants to reflect and journal about their responses. Play music that encourages a reflective environment.

- What does being called and a “callejero de la fe” mean to you?
- In what ways do you take the initiative to know the love of Jesus and to share that love with your neighbor, especially your neighbor who is on the margins?
- How can you use this time of Lent to commit yourself to take the first step to go out to encounter yourself, your neighbor and Jesus in a renewed way?



SEE

## ACTIVITY: OUR JOURNEY (20 minutes)

**Materials:** blank paper, pens, markers

Before beginning his mission, Jesus spent 40 days in the desert praying and fasting. Lent offers us a special opportunity to reflect about our lives and our calling, as well as to take time to examine our relationship with God and neighbor.

Ask participants to turn their piece of paper horizontally and to draw a winding road the width of their paper. After, ask that they write the words “In the beginning” at one end of the road and the word “Today” on the opposite end of the road. Tell them that they are going to describe their personal faith journey; thinking about their formation, the moments that have been important to their faith, from their birth to present day. Ask that they draw a cross for each significant moment of their faith journey. Give them time to share their journey with a partner.



JUDGE

## ACTIVITY: LISTENING TO SACRED SCRIPTURE

Luke 24:13–32 (20 minutes)

Use the *Lectio divina* resource in the appendix or at [crsricebowl.org/youth](https://crsricebowl.org/youth) to reflect on the Scripture.



## REFLECTION QUESTIONS

- What does this Gospel story mean to you?
- What phrase called out to you in the Scripture?
- In what ways are you being called by Jesus to go out and encounter who you are?
- In what ways is your heart burning as a disciple to live passionately for justice, love and peace?
- Adipienimin ratem faciae eosam doluptas consequatus.

## SESSION 1: TAKING THE FIRST STEP



### ACT

**ACTIVITY:** OUR IDENTITY IN VALUES (20 minutes)

**Materials:** Blank paper, pencils

One way to reflect on who we are is through our values. Values represent the formation we have received throughout our lives. They also represent our hopes for the world and the way we want to live.

Ask youth to write 20 values that are important to them. After, tell them that they need to reduce their list to the 10 values that are most important. Next, ask that they reduce their list to 5 values and, finally, to only 3 values. Ask youth to share their values and the process of selecting those values in pairs.



### EVALUATE

Take time to have participants evaluate and write their reflections about the activity. After some personal reflection, ask participants to share in small groups of three or in pairs.



### REFLECTION QUESTION

- What is the message that you received from the activity today?



### CELEBRATE

#### FINAL PRAYER

Allow a volunteer to offer a prayer in his or her own words. Then, ask another participant to read these words of Pope Francis:

*"Christ has confidence in young people and entrusts them with the very future of his mission, 'Go and make disciples.' Go beyond the confines of what is humanly possible and create a world of brothers and sisters!"*

*Amen*

# APPENDIX

## LECTIO DIVINA

Lectio divina is a way to pray with sacred Scripture through meditation with repetition and imagination.

*Recommendation for the activity:*

Ask the participants to sit comfortably before you begin the exercise. Read the Scripture slowly and with clarity, or invite a volunteer to read to the group using the instructions below.

1. Read the Scripture for the first time. Give time for silence and reflection after you finish the reading.
2. Before reading the Scripture for the second time, ask that participants select a person in the story to focus on for the duration of the reading. Give time for silent reflection after you finish the reading.
3. Read the Scripture for the third time. Give time for silent reflection. Ask participants to share one word or a short phrase that stood out to them in the Scripture.
4. As a group, ask participants to share something about the experience and the messages that they have received from God.

