

CATHOLIC EDUCATION

REBUILD

RESTORE

RENEW

TOGETHER!

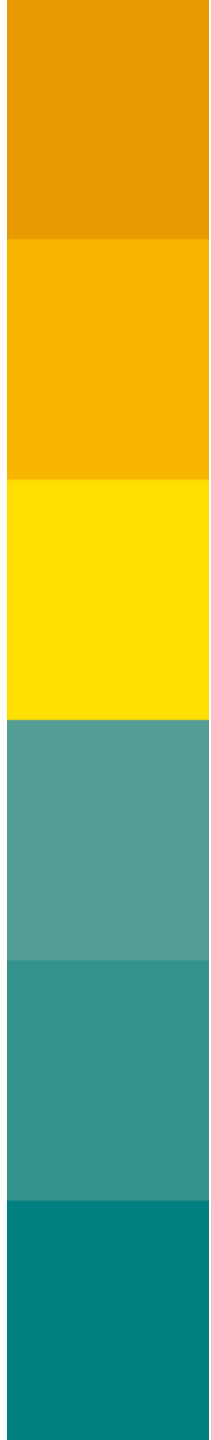




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**RESTORE**  
**RENEW**  
**TOGETHER**

A stylized graphic on the right side of the page. It features a sun with vertical rays, a rainbow, and a dove. The sun and rainbow are positioned behind the text, and the dove is positioned to the left of the word 'RENEW'. The sun has orange rays, and the rainbow has a spectrum of colors including red, orange, yellow, green, blue, and purple.





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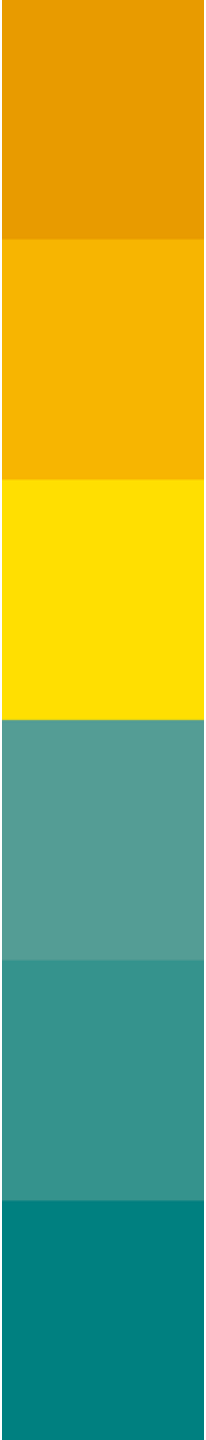
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$\frac{3}{4}$  How might God be calling you to return to him during this Lenten season?

$\frac{3}{4}$  What are some ways in which your spirit may be in need of renewal?

$\frac{3}{4}$  Lenten fasting is a practice that can place us in greater connection to God through our attempts to remove our dependence on earthly things. When reflecting on ways to fast during Lent, then, it might be helpful to consider fasting, not just in the context of foods associated with feasting, but also in contexts such as media or entertainment, or habits and comforts. Which Lenten fasting practice might offer a meaningful challenge for you this Lent?



- ¾ Select a phrase or sentence from this reading that resonates with you. What implications can this have for you during this Lenten season?
- ¾ How might we improve the ways we welcome God and “make his dwelling among us...” within our current roles in our Catholic school communities?
- ¾ Take a moment to identify something that might be weighing you down today. If fasting can be considered as a way to free us from “all that weighs us down,” is there a way to bring this burden to God this Lent?
- ¾ Pope Francis encourages us to embrace the moments of our lives as opportunities for conversion. Reflect on the past week and see if you can identify a few key moments where you might have felt a strong sense of faith, hope, and/or love. Consider offering a special prayer of thanks to God for these moments.

