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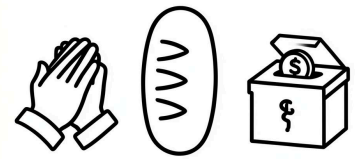
The Lenten Season: Homework Challenge

Thinking Deeper: The Three Pillars

Lent is a 40-day journey mirroring Jesus' time in the desert. While traditionally defined by three pillars—Fasting, Prayer, and Almsgiving—these practices are often misunderstood as mere 'self-improvement' rather than spiritual discipline.

Critique the definitions below. For each pillar, explain the **difference** between the secular (worldly) view and the spiritual purpose.

Pillar	Secular View vs. Spiritual Purpose
Fasting	Secular view: Dieting/Weight loss. Spiritual purpose:
Prayer	Secular view: Meditation/Mindfulness for relaxation. Spiritual purpose:
Almsgiving	Secular view: Philanthropy/Tax write-off. Spiritual purpose:



Prove It: Scriptural Foundations

The Core worksheet matches scripture to lessons. Here, you must synthesize the message yourself. Read the summary of the scripture and identify the **theological principle** being taught about the Lenten journey.

Scripture Reference	Theological Principle (What is the deeper truth?)
Matthew 4 (Jesus refuses to turn stones to bread)	

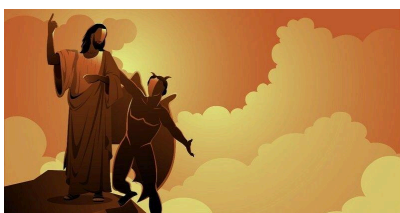
Joel 2 ("Rend your hearts, not your garments")	
Luke 9 ("Take up your cross daily")	

Evaluating Intent

A Lenten action is valid only if the intent aligns with the pillars. Analyze the scenarios below. Determine if they are **Effective** or **Ineffective** forms of Lenten penance and justify your reasoning.

Action & Context	Evaluation (Effective/Ineffective) & Justification
A student gives up social media but replaces that time with watching Netflix series.	
A student fasts from lunch but complains loudly about being hungry to their friends all afternoon.	
A student donates money they earned from a part-time job rather than asking their parents for the cash.	

Synthesis



In Matthew 4, Jesus responds to temptation with: *"One does not live by bread alone, but by every word that comes from the mouth of God."*

Connect this to modern culture: Identify one specific aspect of modern Australian teenage culture that promotes "living by bread alone" (instant gratification). Explain how the Lenten season acts as a "counter-cultural" movement against this.

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Make Your Own: Charting the Journey



Metacognition: The most critical part of a Lenten chart is not the action, but the reflection on how that action impacted your spiritual state.

Design a 3-day sample Lenten Chart for a peer. However, instead of filling it in, write a **challenge question** for the reflection column that would force them to think deeply about their experience.

Day	Proposed Action / Sacrifice	Your Reflection Prompt (What should they ask themselves?)
1		
2		
3		

Answer Key

Thinking Deeper: The Three Pillars

Fasting: Spiritual detachment vs physical health. Prayer: Relationship with God vs personal calm. Almsgiving: Sacrifice for others/justice vs feeling good/public image.

Prove It: Scriptural Foundations

Matt 4: Reliance on God's word over physical needs. Joel 2: Internal conversion over external ritual. Luke 9: Discipleship requires continuous, daily sacrifice, not one-off acts.

Evaluating Intent

1. Ineffective: They replaced one distraction with another; no spiritual focus gained.
2. Ineffective: Violates Matthew 6 (don't look gloomy to be seen by others).
3. Effective: Represents true personal sacrifice (Almsgiving).

Synthesis

Answer:

Students should identify things like fast fashion, endless scrolling, or UberEats as 'instant gratification'. Lent is counter-cultural because it demands waiting, silence, and self-denial in a world that sells indulgence.

Make Your Own: Charting the Journey

Example prompt: 'Did you feel resentful while doing this? Why?' or 'How did this silence help you notice something you usually ignore?'