1. Who was the first to see the empty tomb? How did this person react?
___________________________________________________________________________________________________
___________________________________________________________________________________________________

2. Who were the next two people to visit the empty tomb?
___________________________________________________________________________________________________
___________________________________________________________________________________________________

3. Summarize what happened during their visit to the tomb. What is significant about their visit in regards to helping us understand the structure of the Church?
___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________

4. What would have been your reaction if you witnessed this event? Explain.
___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________
**Handout B**

**A Good Lent**

**Directions:** The long journey of Lent has ended! As a Church we have prepared our hearts to receive the gift of salvation Jesus offers to us. We have entered deeply into His Passion and Death, and have stood at entrance to His tomb. And now, after these long weeks of penance and contemplation, we encounter Jesus’ Resurrection, His victory over sin and death! Alleluia! He is Risen!

Remember the three pillars of Lent: almsgiving, fasting, and prayer. Think back over these past weeks of Lent: how did your Lent go? Did you help the poor and needy in some way? Did you fast? Did you spend more time in prayers? Take a look at the assessment below and honestly rate your Lent. Then, answer the reflection questions.

<table>
<thead>
<tr>
<th>1. Overall, my Lenten journey was successful.</th>
<th>Agree/Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. I chose to give something up for Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>3. I was successful in giving up what I chose for all of Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>4. I fasted on Ash Wednesday and Good Friday.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>5. I did not eat meat on Fridays during Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>6. I helped others in some way during Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>7. I gave money to the poor sometime during Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>8. I prayed more often during Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>9. I prayed in a different way than I normally do during Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>10. I read the Bible more often during Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>11. I received the Sacrament of Penance and Reconciliation at least once during Lent.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>12. I feel renewed after my Lenten journey.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>13. I feel like I have a stronger relationship with God after my Lenten journey.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>14. I have a deeper understanding and appreciation for Jesus’ sacrifice for my Lenten Journey.</td>
<td>Agree/Disagree</td>
</tr>
<tr>
<td>15. I understand why Lent is important to my faith.</td>
<td>Agree/Disagree</td>
</tr>
</tbody>
</table>
Reflection Questions

1. What was your most meaningful experience this Lent? Why?
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________

2. What was the most difficult part of your Lenten journey? Why?
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________

3. What is one thing that you did this Lent that you would like to continue to do now that Lent is over? Why?
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________
   ___________________________________________________________________________________________________
Celebrate Christ’s Resurrection!

Jesus is Risen! Alleluia! During your Easter break, try some of the following ideas to celebrate Christ’s Resurrection at home with your family and friends.

1. Re-read the Gospel story of Christ’s Resurrection together with your family and then talk about what Easter is and why it matters whether or not Jesus rose from the dead.

2. Show your love for your parents or sibling by doing an extra chore around the house without being asked.

3. Spend some time outside and reflect on the beauty of God’s creation.

4. Tell a friend or family member who doesn’t go to Church with you about Jesus and how He died and rose again for us.

5. Draw a picture of the Risen Jesus on Easter Sunday and display it in your home.

6. Watch a movie with your family about a Bible story such as The Ten Commandments, Prince of Egypt, or Jesus of Nazareth. Afterwards, discuss how the movie celebrated God’s saving actions in human history. What was your favorite part of the movie? Why?

7. Create a list of ten things that you thank God for. Read the list every night before bed and tell God how thankful you are for the good things He has given you.

8. Spend extra time in prayer talking with God.

9. Read the different Gospel accounts of the Resurrection of Jesus. They can be found in the following passages: Matthew 28, Mark 16, Luke 24, and John 20–21. Think about how the four stories of Jesus’ Resurrection are similar and how they are different. What did you learn that surprised you? What did you read that challenged you? Imagine that you were one of the eleven Apostles when the Risen Jesus first appeared to them. What would you have felt? What would you have though? How would you have reacted? Think about how your life is different today because of Jesus’ Resurrection. Say a prayer to Jesus and thank Him for all that He has done for you.

10. Consider attending an Easter Vigil Mass and rejoice with the new Christians who are entering into the New Life Jesus gives us through Baptism.

And of course...go to Easter Sunday Mass with your family!