Journey through Lent  
FIRST SUNDAY OF LENT

Upper and Middle Elementary

Materials
- Handout A: Gospel Reading for February 21, 2021
- Handout B: Examen Journal
- Teacher Resource: Examen Journal Template

Learning Goals
In the Gospel for this first Sunday in Lent, Jesus spends forty days in the desert preparing for His public ministry. In many ways, Lent is our time in the desert in which we prepare to receive the salvation Christ won for us on the Cross. In this lesson, students will reflect on their own daily spiritual journey using an examen.

Gospel Reflection
A. Have students read the Gospel passage, or read it aloud to your students, and then answer the focus questions. You may have students answer them on their own or you may discuss them together as a class.
B. Review and discuss the correct answers when finished.

Activity
Go over the Handout B: Examen Journal explanation with your students. Then, lead them in the examen journal exercise. You may have your students write in their own journals, or photocopy the Teacher Resource: Examen Journal Template for your students to use. Consider beginning religion class every day during Lent (or every other day, or once a week) with a few minutes of reflection using the Examen Journal as a guide.
Handout A: Gospel Reading for February 21, 2021

1. The desert. For forty days. He was tempted by Satan.

2. John (the Baptist) was arrested.

3. The Gospel: “This is the time of fulfillment. The kingdom of God is at hand. Repent and believe in the gospel.”