

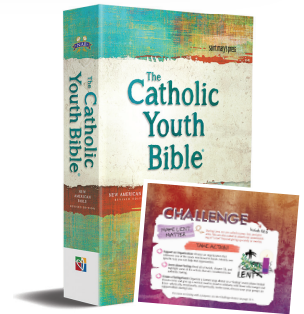


TAKE THE CHALLENGE

“Is this the manner of fasting I would choose, a day to afflict oneself? To bow one’s head like a reed, and lie upon sackcloth and ashes? Is this what you call a fast, a day acceptable to the Lord?” (Isaiah 58:5)

Make Lent matter

How do we help our teenagers deepen their understanding of Lent? During Lent, we are called to pray, fast, and give alms. But most importantly, we are also called to stretch our understanding of a “fast” beyond giving up candy or movies. Use this with your young people. You’ll find it in *The Catholic Youth Bible*®.



Find me in *The Catholic Youth Bible!*

Take Action!

- **Support an organization:** Choose an organization that addresses one of the needs mentioned in Isaiah. Identify one specific way you can help that organization.
- **Learn about fasting:** Read all of Isaiah, chapter 58, and highlight some of the actions that are considered to be authentic fasting.
- **Create a fasting event:** Organize a Lenten soup dinner or a “fasting” event where invited friends come and give up a normal meal to stand in solidarity with those who hunger and thirst—physically, emotionally, and spiritually. At the event, discuss ways your group can support others during Lent.