

The Junior Observer

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A Good News Story

Jesus Says Pray, Fast, Give

Catholic News Service

Great crowds followed Jesus wherever he went. People loved to hear Him preach. One day, He left the crowds and went up a mountain. He gathered His Apostles around Him and began to teach.

Jesus talked about many things. He said that being angry with another person is sinful. He assured those who were having hard lives on earth that they would find rest and peace in heaven.

He even taught the people that they should love and pray for their enemies instead of hating them.

“So be perfect, just as your heavenly Father is perfect,” Jesus said.

Then Jesus talked about three things that

were very important to the Jewish people: almsgiving, prayer and fasting.

Jesus said that God does not like it when people do righteous deeds just to look good in front of others.

For example, when giving to the poor, “do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others,” Jesus said, referring to the scribes and Pharisees.

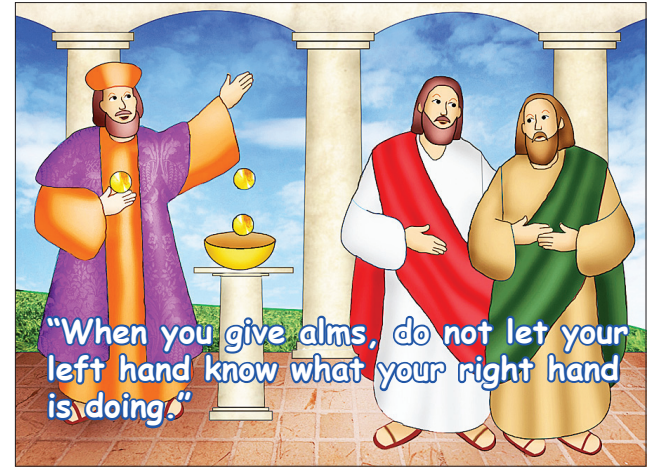
“But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.”

Jesus said the same thing regarding prayer.

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them,” he warned. “But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.”

And he taught that those who are fasting shouldn’t look as if they were.

“When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting,”



(CNS)

He said. “But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.”

After Jesus was done teaching, he came down the mountain to the crowd and began to heal people.

Three Things You Can Do in Lent

- 1 Pray.** One popular prayer is the Stations of the Cross, which uses Scripture to recall Jesus’ walk to his crucifixion at Golgotha. Ask an adult to help.
- 2 Fast.** During Lent, adult Catholics do not eat meat on Fridays, and they fast and abstain from eating meat on Ash Wednesday and Good Friday. You may join your family in this practice.
- 3 Give.** Lent also is a time to focus on giving alms to the poor. You can give alms in *The Junior Observer’s* Heart to Heart project. (See below.)

Q & A

Where did Jesus go to teach?

Who were the hypocrites Jesus was speaking of?

Read more about it in Matthew 6

For Lent, You Can Help Children in Peru

On Ash Wednesday, Feb. 14, we began the Church season of Lent. One important

thing Jesus asks us to do in Lent is to give alms. (See above.)

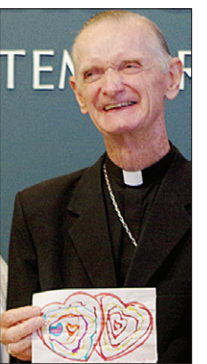
For 17 years, children in

the Rockford Diocese have taken part in an almsgiving project that is theirs alone.

So far, they have do-

nated \$76,138 and sent 25,292 decorated hearts to children in the Diocese of Chulucanas in Peru.

Bishop Daniel Turley, OSA, holds a decorated heart from a previous Lent. He is the bishop of the Diocese of Chulucanas and delivered the hearts and school supplies to children last year.



(Observer photo)

This year, you can decorate the hearts on this page. Don’t paste the hearts on craft or any other paper because it adds to the mailing costs.

Send your decorated hearts and a \$2 donation to **The Junior Observer, Heart to Heart, PO Box 7044, Rockford, IL 61125.**

The deadline to send your decorated hearts and donations is Good Friday, March 30.

