



40 Ideas for 40 Days

from Joe Paprocki

Avoiding Temptations

- Arrange the young people in pairs and invite them to brainstorm a list of temptations that young people their age can try to avoid during Lent
 - examples: gossiping, calling people names, being lazy, and so on.
- Then, have them identify strategies for resisting temptation.
 - examples: praying, doing another activity to avoid thinking about the temptation, talking to a parent, teacher, or older friend/relative, and so on.
- Have each pair report their ideas to the whole group.
- Encourage the young people to make an effort to resist these temptations during Lent.
- Invite volunteers to read aloud [Mark 1: 12-15](#) (Jesus' temptation in the wilderness).
- Emphasize that during Lent, we can go to Jesus to ask for help in resisting temptations because he understands and can help us to be strong.

