

40 Days of Lent

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This self-quiz can help you, your students, and your students' families review what you know about our Catholic faith. Check your answers against the answer key on page 39.



1 The season of Lent begins on Ash _____.
a) Good Friday b) Wednesday c) Tuesday d) Sunday

2 Ash Wednesday is a holy day of obligation.
True | False

3 Lent is a _____ day retreat for the entire Church marked by fasting, almsgiving, prayer, and reflection on the passion, death, and resurrection of Christ.
a) 3 b) 7 c) 9 d) 40

4 "At once the Spirit drove him out into the desert, and he remained in the desert for forty days, tempted by ____." (Mark 1:12-13)
a) Satan b) ice cream c) his friends d) video games

5 Catholics are encouraged to receive the sacrament of _____ during Lent.
a) matrimony b) holy orders c) reconciliation d) baptism

6 Suffering is never meaningless when it is united to the cross of Christ.
True | False



7 Lent ends when _____.
a) you break your Lenten promises b) the Easter Bunny comes c) the Easter Triduum begins d) you eat a hot dog

8 The more you give up for Lent, the holier you become.
True | False

9 _____ is the Lenten spiritual practice of self-denial from items such as meat or desserts.
a) Starving b) Prayer c) Almsgiving d) Fasting

10 _____ is the Lenten spiritual practice of lifting our minds and hearts to God.
a) Yoga b) Prayer c) Almsgiving d) Fasting

11 _____ is the Lenten spiritual practice of sharing one's wealth with those in need.
a) Paying taxes b) Prayer c) Almsgiving d) Fasting

12 The "passion" of Christ refers to his suffering and death on the cross.
True | False

13 A person who is persecuted, suffers, and dies for his or her faith in God is called a _____.
a) zealot b) hero c) martyr d) saint



14 "Whoever wishes to come after me must deny himself, take up his cross, and _____ me" (Matthew 16:24).
a) follow b) listen to c) email d) text

15 "I confess to almighty God and to you, my brothers and sisters, that I have greatly _____."
a) prayed b) sinned c) appreciated d) missed

16 "Remember that you are dust, and _____ you shall return."
a) a sinner b) Catholic c) flammable d) to dust

17 During Advent, Lent, and especially the Easter Triduum, the liturgy reminds Catholics of the most important events in Christ's life.
True | False

18 Mary has the title of Our Lady of _____ because she suffered so much watching her son crucified.
a) Snows b) Queen of Peace c) Sorrows d) Guadalupe

19 People with the wounds of Christ on their body have the _____.
a) stigmata b) crown of thorns c) cross d) most doctor's visits

20 The Stations of the Cross is a common spiritual devotion during Lent.
True | False



If a person is suffering, it means God is punishing him or her. True | False

For more *Catholic IQ* and to find the answer to the *What's Your Catholic IQ?* Bonus Question, go to Catechist.com.

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ANSWERS TO WHAT'S YOUR CATHOLIC IQ? from page 23.

1 B) Ashes symbolize mourning, death, and penance. On Ash Wednesday, Catholics are reminded that life is short so they should repent before the day of judgment.

2 FALSE. Catholics are encouraged to begin Lent with the Ash Wednesday Mass where they are marked with ashes; however, it is not required.

3 D) During Lent, Catholics reflect for 40 days on this central truth of the faith: "On the cross Christ took upon himself the whole weight of evil and took away the 'sin of the world'" (*Catechism of the Catholic Church*, 1505).

4 A) The 40 days of Lent unite the Church to Jesus' time in the desert when Jesus, unlike Adam, rejected the devil's temptations.

5 C) Lent is a season of mercy when Catholics confront their sins and confess their need for God's forgiveness.

6 TRUE. "By his passion and death on the cross Christ has given a new meaning to suffering: it can henceforth configure us to him and unite us with his redemptive Passion" (CCC, 1505).

7 C) The Easter Triduum includes Holy Thursday, Good Friday, and Easter.

8 FALSE. Holiness comes from surrendering our lives to God in humility, not making superhuman sacrifices.

9 D) The discipline of fasting teaches Catholics to control their physical desires and turn instead to God in prayer.

10 B) Prayer during Lent helps Catholics rededicate themselves to their relationship with God and their life of discipleship.

11 C) For many centuries of Church history, giving alms to the poor was a sign of conversion and an expression of love that "covers a multitude of sins" (1 Peter 4:8).

12 TRUE. The definition of "passion" is a *strong emotion or love for another*. Christ expressed his passion for us when he did not run away from the cross but embraced it to forgive our sins (see Isaiah 53:12).

13 C) Martyrs receive the title of "blessed" which is the first step to becoming a saint. If a miracle is performed through the martyr's intercession from heaven, he or she can be canonized a saint.

14 A) Following Christ means to reject sin and the evils of the world for the kingdom of God.

15 B) In this *Confiteor* prayer at Mass, Catholics pray for forgiveness for venial sins. Mortal sins need to be confessed before receiving communion (CCC, 1457).

16 D) People in the Old Testament did penance by wearing sackcloth and putting ashes on their heads. Likewise, Catholics receive ashes on their foreheads as a sign of humility and repentance (Esther 4:1; Job 42:6).

17 TRUE. "The Church ... re-reads and re-lives the great events of salvation history in the 'today' of her liturgy." Catechesis helps the faithful to understand the economy of salvation as the Church's liturgy reveals it and enables us to live it (CCC, 1095).

18 C) This prophecy foretold Mary's suffering: "Simeon blessed them and said to Mary his mother, 'Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce)'" (Luke 2:34-35).

19 A) St. Francis (d. 1226) was the first person with the stigmata but people still receive it in modern times, including Padre Pio (d. 1968).

20 TRUE. Following the historical "Way of the Cross" in Jerusalem, the Stations of the Cross invite Catholics to journey with Jesus through his passion and death.

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