

The season of Lent is about confronting different obstacles or challenges in our lives. As we approach the end of Lent, we should take some time to look in the mirror and reflect on ourselves as well as our thoughts, actions, and words.

The story of David and Goliath is a perfect example of facing and overcoming challenges. David faced and defeated Goliath because he had faith even though the odds were seemingly stacked against him.

For this paper, describe your “Goliath,” which can be any obstacle or challenge you are facing: grades, friendships, relationships, character flaws, anything you feel you must overcome.

Next, explain what you will do in order to conquer this “Goliath” of yours. Some ideas: setting up times to meet with others, setting aside time for prayer and mass, volunteering at a soup kitchen or participating in a Midnight Run, etc. and so forth. Make sure to provide a meaningful explanation of what you will do.

You may borrow ideas from the *Fast and Feast: A Prayer for Lent* sheet to help you with your paper.

Paper must be 1 page typed, double-spaced in 12 pt Times New Roman/Arial/Calibri font.

Please use spell check and grammar check.