

Liturgical Year: Lent

During Lent, we turn from sin and prepare to follow Jesus.

Chapter Summary

During Lent, we turn from sin through our penances of fasting, prayer, and almsgiving. God is a merciful Father who will forgive us and strengthen us so we can overcome sin. Lent also prepares us for the high point in the liturgical year: Holy Week and the Easter Triduum. Holy Week begins on Palm Sunday. The Easter Triduum begins on Holy Thursday evening and concludes on the evening of Easter Sunday. During the liturgies of Holy Week and the Easter Triduum, we are united with Jesus in His Passion, Death, and Resurrection.

Following Jesus

Holy Week, as its title indicates, is the holiest week of the liturgical year, with the Easter Triduum serving as the grand crescendo. It is normal in the life of a Christian to have dry spells in prayer and, perhaps, a lack of fervor. The Masses of the Triduum, with their rich liturgies, can be a catalyst to rekindle your prayer life and that of your family.

- **Take time to attend all the liturgies of the Triduum with your children.** This could pose a challenge of keeping them engaged since the liturgies are longer than usual. It's crucial, then, to review the Mass readings and the meaning of the day together prior to attending so they can follow along better. For example, discuss why the priest washes the feet of parishioners during Mass on Holy Thursday.
- **Find out how your family can assist with the liturgies.** Since there are many moving parts to the Triduum, many parishes need extra ushers, readers, or altar servers to help. Assisting in the liturgy is a great way to stay present and engaged.
- **Find the Mass time that works best with your family.** Most parishes have multiple opportunities to attend the Triduum and Easter liturgies. Perhaps this means one parent takes the older children to the Easter Vigil since it is longer and later, while another parent takes the younger ones to the Mass on Easter day. This ensures your family is taking part in all the richness of the Triduum.



For more family faith formation resources, go to the parent portal.