

FAMILY FAITH

Liturgical Year: Lent

During Lent, we walk with Jesus in the desert.

Chapter Summary

Jesus spent forty days in the desert. He fasted and prayed as a sacrifice. He was tempted by the Devil, but Jesus did not give in. He obeyed God the Father. When we celebrate Lent, we are remembering the forty days Jesus spent in the desert. Like Jesus, we fast and pray as a sacrifice. Jesus gave over His life for us, so we do acts of penance to show our love in return to Jesus and to show sorrow for our sins. We also give alms to show God's love to others. The color of Lent is purple, which symbolizes penance.

More for Parents

Adding Lenten penances on to the daily struggles and challenges of family life can be a bit overwhelming. How much can we devote ourselves to growing in holiness and conversion during Lent when we are being pulled in so many different directions? This is where the beauty of Lent shines most: in the daily, ordinary circumstances of life. Lent is not just penances and actions; it is a mindset. As parents, we can model this for our children by choosing Lenten sacrifices or penances that tie in to our daily lives. For example, show your children that you want to spend more time in prayer during Lent by praying the Rosary while driving instead of listening to music.

Virtue in the Family

Lent is an extraordinary time when we are called to model ourselves after Jesus' example. While we may not be called to spend forty days in the desert without food or water, we are each invited to make daily choices that will move us closer to God and further away from sin.

Entering Lent as a Family

- Sit down as a family to decide what your Lenten sacrifices and penances will be. Attempt something different this year. For example, try to make an improvement in your lives by developing a habit of prayer that you can keep with you after Lent ends.
- Have every member of the family write down his Lenten sacrifice on a piece of paper. Keep them in a basket at the foot of a crucifix throughout Lent as a reminder of why you are making these small sacrifices.
- Attend Stations of the Cross together as a family.
- Celebrate the Sacrament of Reconciliation together. If your children are too young, have them spend time in the church praying for their family and friends.
- Attend daily Mass or adoration as a family once during the week.

Vocabulary Words for Your Children to Review

- **Lent**
- **prayer**

Find digital flash cards to help your children review on the parent portal.



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