

Family Faith

Liturgical Year

Lent

Lent is a time to grow in holiness and closer to Jesus.

Chapter Summary

Jesus prepared for His mission to be the Savior of the world by praying and fasting in the desert for forty days. In the desert, Jesus was tempted by the Devil to reject His Father's plan for salvation. During Lent, we walk more closely with Jesus for forty days and learn to reject temptations that turn us away from God. If we walk with Jesus, we will grow in holiness and have pure hearts for Easter. During Lent, we think about the ways we do not live as God has called us to live, we are sorry for our sins, and we strive to grow in holiness through prayer, fasting, and doing good works.

More for Parents

Sacrifice is something all parents are familiar with. Out of your deep love for your children, you sacrifice sleep to take care of a scared or sick child and sacrifice time to be at your child's game, as well as the basic everyday sacrifices of feeding, clothing, and sheltering your children. During Lent, the spotlight is put on sacrifice. We look to Christ as an example of sacrificial love. Children receive their first concrete experience of this through our example. They may not understand or appreciate it, but it is Christlike and grace filled nonetheless. This Lent, try to find ways to invite your whole family to show sacrificial love for one another so that the joy of Easter will be more fully realized.

Our Family Prays Together

Dear God, help us make small sacrifices during Lent so that we can become more holy and have pure hearts for Easter. Amen.

Let's Talk about It as a Family

- ***How many days did Jesus pray to His Father in the desert? (Forty.)***
- ***How many days are in the season of Lent? (Forty.)***
- ***What do we do during Lent so that we can become holy and have pure hearts? (Pray, fast, do good works.)***
- ***What can we say to Jesus when we are sorry for our sins? ("Jesus, I am sorry; please forgive me.")***

Let's Live Our Faith

Choose one or more of the following:

- Discuss with your family how each person in the family should say that he is sorry for the times he has done something wrong.
- Discuss with your family what each person can do to change her ways during Lent.

Family Faith Activities

Choose one or more of the following to do as a family:

- On Ash Wednesday, take your family to church to receive ashes. Tell your children that the ashes remind us that *without God*, we are dust (nothing) and that we need God to help us become holy.
- Choose a family activity to do for the lonely, the sick, or the elderly during Lent.
- Each night during Lent, allow five to ten minutes for family prayer. Ask God to strengthen your family with His love so that each of you can become holy and have a pure heart for Easter.

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