

Liturgical Year: Lent

During Lent, we repent of our sins so we can grow in holiness.

Chapter Summary

The liturgical season of Lent commemorates Jesus' forty days in the desert and focuses on repentance. Once Jesus returned from the desert, He began preaching for people to repent and believe in the Gospel. Lent begins on Ash Wednesday. All are invited to receive ashes on Ash Wednesday. Ashes remind us of our sinfulness and how one day we will die. Throughout the season of Lent, we make commitments to turn away from sin and receive God's grace and forgiveness. We participate in several Lenten practices to strengthen our ability to avoid sin and live according to God's laws. Throughout Lent, we fast from something we really enjoy and spend extra time in prayer. We also practice almsgiving to help those who are in need. Lastly, we wage battle against the sin in our lives by celebrating the Sacrament of Reconciliation.

More for Parents

Lent is a great time to recommit to daily prayer. Prayer is the foundation of our relationship with God. It is how we communicate with Him. As parents, it is our job to help our children foster a relationship with God through prayer. This Lent, pick a time every day when you can pray for five to ten minutes with your children. Spend this time modeling how to talk with God in prayer. Share with your children intentions and petitions that are on your heart. Teach your children how to repent for the sins they commit. Praying with your children will not only draw you closer to them but will also bring each of you closer to God.

Virtue in the Family

The Lenten season is a great time for us to practice the virtue of temperance. With temperance, we are able to control and direct our desires. When we sacrifice something good that we desire, we can grow in temperance.

Discipline as a Family

- As a family, choose something you all enjoy and give it up throughout the season of Lent. Examples include the following:
 - A favorite dessert or drink
 - A favorite TV show
 - Music while driving in the car
- You can also choose to add a family activity to do throughout Lent. Examples include the following:
 - Eating dinner as a family every night
 - Going to a daily Mass together once a week
 - Praying a Rosary as a family once a week
- Try to receive ashes as a family early in the morning on Ash Wednesday. That way you can wear the ashes on your forehead throughout the day.
- Take down any decorations in your house to parallel the lack of decorations at your parish. This will remind you of the barrenness of the desert in which Christ prayed and fasted.

Vocabulary Words for Your Children to Review

- **Ash Wednesday**
- **ashes**

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



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