

TALKING ABOUT LENT >>>

Lent is a forty day journey that begins on Ash Wednesday. The receiving of ashes on one's forehead marks one's promise to repent or change to grow closer to God and the Church. Lent is a time of inner change for us. Inspired by Jesus' time in the desert, we seek to change ourselves by taking away worldly distractions and practicing the Lenten disciplines of prayer, fasting and doing penance.

God's Word



Read **John 3:19-21** to see how Jesus responded to Nicodemus' questions about being "born again."

HELPING YOUR CHILD UNDERSTAND >>>

Lent

- Children this age often overestimate their ability to do things. They need to be helped to attempt small behavior changes.
- Since most children this age tend to respond to immediate gratification, forty days is a long time for them to be engaged in the same behaviors. Make a chart with forty days. Every ten days check in and see how your child is doing. Let him or her tell you on a scale of 1-10 how hard it is to keep this promise. Write the number on the calendar. Affirm his or her faithfulness.



FEASTS OF THE SEASON >>>

Feast of Annunciation

March 25

During this season we are reminded that Mary's "yes" to God's will was a gift for us. Her decision had eternal consequences: redemption for all.

FAMILY PRAYER >>>



Set aside time before an evening meal to share a family prayer cup. Before you pass the family prayer cup, explain that you want to think about the season of Lent and what you are doing during Lent to grow closer to God. Pray the following prayer together.

Dear Jesus, may we follow your example during this season of Lent. As we drink from the family prayer cup, help us realize that you are always with us. Thank you for your help. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.