

## TALKING ABOUT LENT >>>

Lent is a forty-day journey that begins on Ash Wednesday. The receiving of ashes on one's forehead marks the promise to repent or change to grow closer to God and the Church. Lent is a time of inner change for us. Most adults have had some life experiences that have prompted a change of bad habits to habits of selflessness. Lent is a time to change old ways in preparation for Easter. Prayer, fasting, and almsgiving, the three Lenten practices, help families grow in Christ.

### Scripture



Read **Romans 8:31** and reflect on past events in your family that have shown evidence that God is with you. How can your family show gratitude for God's being present for you?

## HELPING YOUR CHILD UNDERSTAND >>>

### Lent

- Most children at this age understand that Lent is a season for changes of both heart and behavior, and they are capable of applying these concepts to themselves.
- Usually children at this age are curious and interested in facts. They would enjoy looking up more information about Lent.
- Ordinarily, children of this age love ritual and will be able to fully engage in the Stations of the Cross, the practice of remembering Jesus' Death that begins with Pilate's condemnation and ends with placing Jesus' dead body in the tomb.



## CATHOLIC FAMILY CUSTOMS >>>

Lent is a time to reflect on how we need to change. As a parent, you can guide your child to develop spiritual strength by exercising spiritual discipline.

- Spend some time in quiet prayer to discern areas where your child may need spiritual guidance.
- Talk with your child about specific actions that he or she might do to build up spiritual strength.
- Periodically talk with your child about his or her progress.

## FAMILY PRAYER >>>



God of love, as we journey through this holy season of Lent, be with us, open our hearts. Help us to look deeply at our lives, through prayer, fasting, and almsgiving. Help us to recognize the needs of others and respond to those needs.

In the name of your Son, Jesus, Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com).