

## 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. It is traditionally a time of penance. During this season, incorporate customs of fasting, prayer, and charity into your family life.

### Scripture



Read **Jeremiah 31:33–34** and reflect on God's covenant and forgiveness. How do family members show forgiveness to one another?

## HELPING YOUR CHILD UNDERSTAND >>>

### Lent

- Most children this age understand Lent as a season to “give up” things rather than to change. Help them to first think of something that needs to change, and then find a sacrifice that helps them to remember the deeper need for conversion.
- Many children this age have developed an appreciation for art. They would likely benefit from reflecting on different art portrayals of Jesus' Passion and Death.



## CATHOLIC FAMILY CUSTOMS >>>

Lent is a good time to broaden our awareness of the Sacraments and our shared faith journey. During family prayer time, pray for the children who will be receiving Reconciliation for the first time during Lent. Talk with your children about how this Sacrament helps us make a fresh spiritual start. Also include a prayer for the RCIA candidates in your parish.

## FAMILY PRAYER >>>



Use this as an evening blessing prayer for the family:

May the Lord our God send his Holy Spirit to guide us in our Lenten journey. May he strengthen us to change what needs to be changed in order to be better followers of 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).