

## TALKING ABOUT LENT >>>

Purple is the color of Lent, and it is a reminder that we are called to repentance during this season. 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 call for inner change. The three Lenten practices of prayer, fasting, and almsgiving help families repent and change.

### Scripture



Read **Hebrews 5:5-9** and reflect on Jesus' trust in and obedience to his Father. Why is obedience important in a family?

## HELPING YOUR CHILD UNDERSTAND >>>

### Lent

- An interest in money is common for children of this age; therefore, the Lenten practice of almsgiving will have greater meaning.
- Most children this age are already feeling pressure to conform to the behavior of others. Lent is a good time to help them reflect on how Christians are called to follow Jesus; sometimes this means we are "set apart" from those around us.
- Rituals and symbols are significant at this age. Many children at this age will be open to engaging in Lenten rituals. The rituals will effect more change if celebrated in the community of their family or friends.



## CATHOLIC FAMILY CUSTOMS >>>

### Lent

Lent is a time to renew ourselves spiritually. Show your child that you value opportunities to grow in grace.

- As a family, attend a parish Reconciliation service.
- During family prayer times in Lent, read Psalm 130. This short psalm is about trust in God's mercy, a major Lenten theme.

## FAMILY PRAYER >>>



Pray the following during your prayer times through the season of Lent.

Leader: Blessed are you, Lord, God of all creation.

All: You make us hunger and thirst for holiness. You call us to true fasting, to set free the oppressed, to share our bread with the hungry, to shelter the homeless and to clothe the naked. Amen.

*Based on a prayer from Catholic Household Blessings and Prayers*



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).