

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. It includes the Lenten practices of fasting, prayer, and penance. During Lent the Church uses the color purple for Church vestments as a sign of repentance.

God's Word



Read **Exodus 20:1-3; 7-8**, to hear God's command to put nothing else before him.

HELPING YOUR CHILD UNDERSTAND >>>

Lent

- At this age children can usually be drawn very easily into an understanding of Lent as a time to grow closer to God.
- Most children at this age will find that the music associated with Lent will draw them into the spirit of the season.
- Ordinarily at this age children are ready to learn that forgiveness and being sorry are more than just the words but need actions to follow.



FEASTS OF THE SEASON >>>

Saint Patrick's Day

March 17

Use a shamrock plant and talk with your child about how Saint Patrick used it to teach the Irish people about the Trinity. The three leaves of the shamrock plant remind us of the three Divine Persons in one God.

FAMILY PRAYER >>>



Say this prayer together as a mealtime prayer during Lent.

Dear God, we thank you for all your gifts, for this food we are about to eat and for all of our family members. We know we have not always loved you or one another as you want us to. Help us to change and grow closer to you. Amen.



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