

THINGS TO DO AS A FAMILY DURING LENT



Lord, we gather here together on our spiritual journey during this Season of Lent. We want these forth days to be truly special for us this year, so we begin by asking for your guidance and help. Give us good ideas for new ways to return to you, through increased prayer and sacrifice, service to those around us, and repentance for the many times we have failed you by sinning. But more than all these Lord, give us hearts that are ready for this special time of Lent; hearts that are prepared for this season of repentance, prayer, and sacrifice. Draw us near to you, Lord, and help us grow as individuals and as a family of faith. Keep us focused on the task at hand – fulfilling Your will during this Lenten season for our family. (Amen.)

The following are some family activities you can participate in during the Lenten season:

1) **Praying Together as a Family:**

2) **Devotions:** You may want to commit to a regular pattern of family worship - daily, weekly, or whenever you can. You may post Bible verses, especially the words of Jesus, on the refrigerator, bathroom mirrors, wherever a busy family is sure to see them.

3) **Attend a Lenten Retreat:** Often parishes offer Lenten retreats or workshop opportunities to focus clearly on what God is saying to us during this season.

4) **Sacrifice:** During Lent we are called to make sacrifices, to give up things we really like in order to focus better on God. We are called to do this without grumbling and without thought of reward or recognition. We are called to serve others and to be Christ for those around us.

5) **Serving:** Our families are our communities, and we must be willing to serve those around us and let them serve us.

6) **Penance:** We are called to repent of our sin during Lent and seek reconciliation with God and with those whom we have wronged. Consider going to church to receive the Sacrament of Reconciliation and encourage each other to go to confession regularly.

7) **Fasting and Abstinence.**

8) **Stations of the Cross:** Each Friday during Lent our parish will offer Stations of the Cross, which depict the final hours of Jesus' life. Consider attending each week, with your family, during Lent.

9) **Charity:** Support or volunteer for a charitable organization, such as Easter Seals or local food pantries. Help others to achieve wellness and new life: ... physically, mentally, and spiritually.”