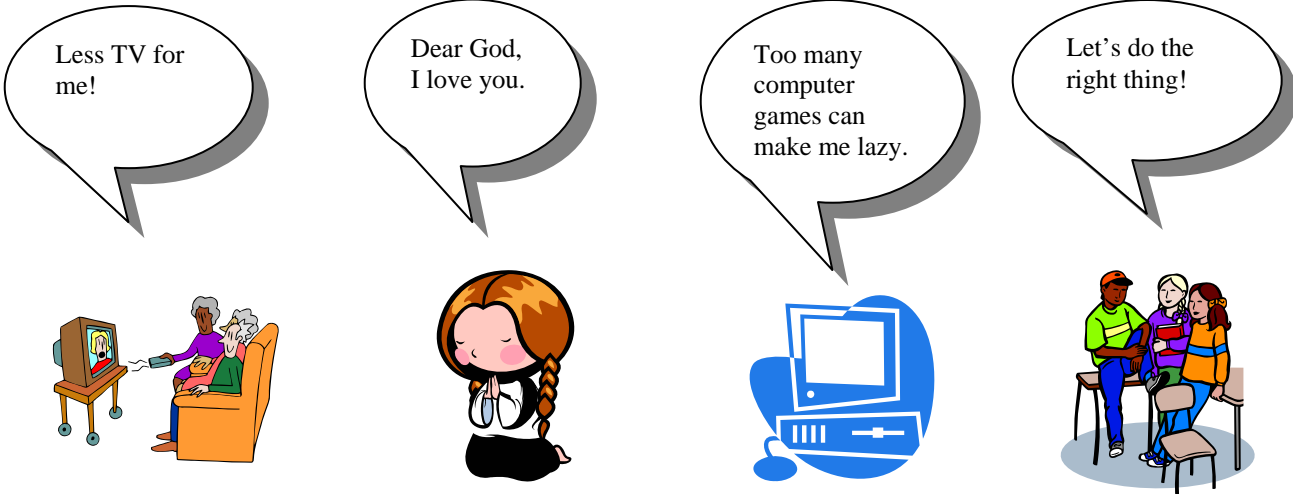




## Your Family and LENT: A Time for Prayer and Action

Lent helps us to know what is important. Like a spiritual 'survivor' game, Lent can release us from the island of our 'wants' and strengthen us with self-discipline and perseverance. Then we'll be able to renew our promise to follow Jesus, by loving God and our neighbor more fully.



### *Think It Through:*

One way I can serve others instead of watching TV is \_\_\_\_\_.

The best time for me to pray is \_\_\_\_\_.

During Lent, I can spend some of my 'screen time' doing \_\_\_\_\_ instead.

I want to be like Jesus, so during Lent I will \_\_\_\_\_.

**Act:** *Each week of Lent, decide on one word the family would like to hear more often, and one word they would like to hear less often. Post on refrigerator. Encourage each other with positive words and actions.*

**Scripture:** *"Store up treasures in heaven, where neither moth nor decay destroys, nor thieves break in and steal. For where your treasure is, there also will your heart be." Matt 6:20-21*

**Resources:** **Books:** *A Family Journey with Jesus Through Lent* by Angela M. Burrin. *Celebrating Faith: Year-round Activities for Catholic Families* by Mary Cronk Farrell.

**Videos:** *The Angel's Lenten Lesson* (Twenty Third Publications) for children ages 7-12. *Following Jesus through the Church Year* (Twenty Third Publications) for children of all ages. *Lent: Celebrating the Season* (St. Anthony Press) for Grades 3-8.

**Websites:** <http://www.homefaith.com/seasons/frame.html>; [www.nacflm.org](http://www.nacflm.org)