

LENT



Scripture: Then Jesus was led by the Spirit into the desert. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, 'If you are the Son of God, command that these stones become loaves of bread.' He said in reply, 'It is written, 'One does not live by bread alone, but by every word that comes forth from the mouth of God.' (Matthew 4:1-4)

Pray Together: In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Dear Sacred Heart of Jesus, I love You so much and I give You my heart. Help me to love God. Help me to love my neighbor as a child of God. Help me to love myself as a child of God. AMEN

Videos

[Lent](#)

[The Way of the Cross for Kids](#)

Optional Activities

[Good Deed Activity](#)

[Crown of Thorns Sacrifice Activity](#)

[Offering Box](#)

[Stations of the Cross](#)

[Calvary Hill Planting Activity](#)

[Easter Garden](#)

[40 Lenten Activities for Catholic Families](#)

[Lenten Pretzels](#)

Worship Videos

[Looking at My Heart](#)

Coloring Pages (see below)

Ash Wednesday pg 3

Calvary pg 4

Family Service Projects

Bring your family into the season of Lent with the three pillars of Lent of prayer, Fasting (sacrifice) and almsgiving.

Sacrifice

Designate a box for everyone in the family to put together a "lent box." Simply find a box and have everyone in the family put in a favorite thing they'd like to give up for Lent.

Almsgiving

Help is to support the impoverished people in our world through the Rice Bowl mission. Some ideas: invite your children to do extra chores around the house. Have them ask their grandparents or aunts and uncles to match the money they make. Collect cans from family members and neighbors. Sacrifice buying takeout food and give the money the family saved to their offering box. Donations can be brought to class or the Parish Hall during holy week.

Prayer

Start a new Lenten tradition of prayer by praying the Stations of the Cross.

[The Stations of the Cross for Kids](#). The best way for a family of young children to pray the stations might be reflecting on just one station each day during Lent — especially if all 14 are beyond the attention span of small children. If we begin with the first station on Ash Wednesday and then visit one station each day, we can complete all 14 stations three times and end on Tuesday of Holy Week. The reflection and prayer of each stations can be prayed at dinner, morning prayer or as a bedtime prayer.

Do you know why Catholics fast?

Fasting is a traditional form of penance to show sorrow for our sins. By creating hunger and a desire for that which is denied, we are reminded of the reason why we are fasting. During Lent, we fast because Jesus fasted during His time in the desert before He began His public ministry. We also fast to move our hearts in compassion to help those who are hungry or poor.

SAINTS WE HONOR

[Saint Josephine Bakhita](#)

[Saint Peter Damian](#) Dedicated to strict penance



