

FAMILIES FORMING DISCIPLES

LESSON 6 - WEEK 2

TOPIC: PREPARING FOR LENT – MAKING A PLAN; PRAYER, FASTING, AND ALMSGIVING
JESUS IN THE DESERT – UNITING OUR SUFFERINGS WITH CHRIST

FAMILY AT-HOME MISSION ACTIVITY

Your Family At-Home Mission is to watch together as a family the video(s) below that is appropriate for your children's age level and create a *Family Lenten Plan*. Then interview a grandparent or senior adult for your Senior Sharing. Finally, place a crucifix on your family's home altar (or in your prayer space) and pray together. Be ready to tell about these experiences at Week 3's gathering of families.

Step 1: Watch one or more of the videos below on Lent.

- *Lent* by Catholic Central (7min)
(Teens & tweens)
- If your parish has FORMED watch *Brother Francis Let's Learn about Lent* (for younger children) 10 min
- If your parish does not have FORMED watch *Catholic Kids Media - Lent*



Step 2: Read the USCCB explanations about the Spiritual and Corporal Works of Mercy, as well as the other Lenten Family resources listed below.

- [USCCB Spiritual Works of Mercy](#)
- [USCCB Corporal Works of Mercy](#)



- [Lenten Ideas for Teens and Tweens](#)
- [Fasting, giving, praying: 25 + ideas for what kids and teens can do for lent](#)
- [Random Acts of Kindness - Cards for Kids](#)
by Wondermom Wannabe



Step 3: After reviewing about the Spiritual and Corporal Works of Mercy again, as well as the links to the additional family Lenten resources, together decide which works your family will do to practice the Lenten pillars of praying, fasting and almsgiving. Some you may already do, like praying for others. That's great! Keep doing those works and pick one or two more that fit naturally into your family life to do for Lent. Make a *Family Lenten Plan* that corresponds to what the three Lenten Pillars of **Prayer, Fasting and Almsgiving**. What will your family do to practice each of these?

Step 4: As part of your *Family Lenten Plan*, schedule a time to go to confession together. The Sacrament of Penance and Reconciliation is a great opportunity to rely on the Lord's mercy and grace and be renewed by the Lord's forgiveness. More to come next month on this important sacrament.

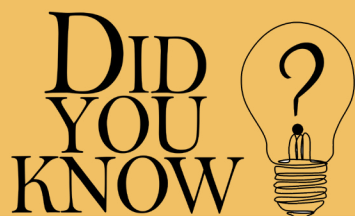
Step 5: Reach out to a grandparent(s) or senior adult(s) in your family/community and ask them about their favorite memories of Lent when they were growing up.

Step 6: Place a cross or crucifix on your family's home altar or in your prayer space/corner to remind you of the Lenten Season.

Step 7: Pray together! Choose a time for your family to gather around your family's home altar or prayer corner, and begin practicing the Lenten pillars by praying together for others and for one another. You can make up your own prayers or use the link below to find Lenten Prayers. You might also consider offering up a decade of the Rosary for those in need (the Third Luminous Mystery, the Proclamation of the Kingdom, is a great one to pray during Lent, as it includes the call to ongoing conversion).

[Five prayers you should say during Lent](#)

Step 8: Get ready to share about your Family Lenten Plan, Senior Sharing, and crucifix at Week 3's gathering of families.



February 7-14 is National Marriage Week, and the second Sunday in February (Feb. 14 this year) is World Marriage Day.

Take a moment to pray for married couples in your family, community, and parish. Learn more at www.foryourmarriage.org.

*How will you recognize National Marriage Week
with your family?*

