

# OUR FAMILY *Lenten* PLAN

*Failing to plan is planning to fail! Leading up to Ash Wednesday, sit down as a family and determine how you can pray, fast, and do almsgiving this Lenten season - as a family and as individuals.*



## PRAYER

How can we make **Sunday Mass** more central in our week? How can we **pray together** as a family this Lent? When will we schedule it? Is there a special intention we'd like to offer our Lenten prayers for? When & how will we **learn about our faith** or have conversations about it?



## FASTING

Is there something we do **TOO** much of as a family – that's not good for us or healthy? What can we give up together? What is something good we should be doing that we're don't because it's hard or not fun?



## ALMSGIVING

How can we **learn more about what our faith teaches about social justice and the corporal works of mercy**? Who is in need and what are their needs? What research do we need to do? How might we make a difference for these people? **What project shall we adopt to help others this Lent?**



# MY Lenten PLAN

*Fasting*

Is there someone or an intention I would like to offer my Lenten efforts for? Write it here:

*Almsgiving*

Is there a verse or prayer that inspires me?  
Write it here:

*Prayer*

## Reflect on your Lenten plan:

### Take some alone time with God.

Quiet yourself. Imagine yourself in a beautiful desert. Be conscious that God is with you.

Pray something like this: "Lord, thank you for being here with me. Thank you for making me and loving me so unconditionally. You know better than any- one my strengths & weaknesses, my virtues & sins, my desires & fears. Lord, where are we at – you and I? How am I loving. . . you, myself, others? Please fill my heart with your Spirit and show me what you want from me and for me this Lent."

### Reflect on your relationship with God

Am I aware of your presence throughout my day, Lord? Do I set aside time to give you all my attention? How would you like me to connect with you? When can I make this work in my week/day? Do I have a prayer-practice in need of refreshing (reading about it, living it with renewed attention)?

### Reflect on how you can give yourself

Do I depend too much on anything or find myself acting/speaking/thinking in a way that isn't like you, Jesus? What shall I give up that will open me up to you changing my heart? How do you want to grow my heart through seeing and responding to the needs of others? Who are the marginalized people around me? In my own heart? What do you want of me, Lord? How shall I give this Lent?

**Write one thing you'll do in each category and then pray "Lord, I offer my Lenten plan to you. Help me, and work your own plan in me that I may share in your dying and rising."**

# How I can Grow with Jesus this Lent



I will spend time being with Jesus by:

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I will love like Jesus, even when it's hard:

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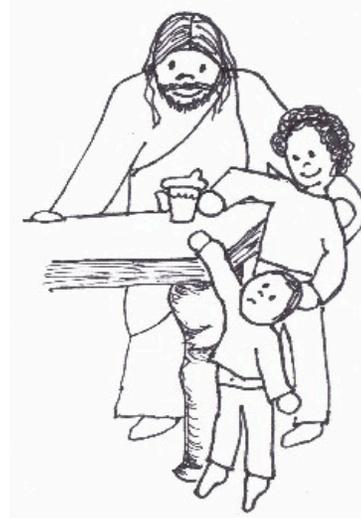
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I will help others like Jesus did by:

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## Note to Parents:

Explain that Lent is a special quiet time of preparing for the great celebration of Jesus' dying and rising. For kids under 7, this is enough. For kids 7 and up you may invite them to make a simple Lenten plan.

## We get our hearts ready for Easter by:

- being with Jesus in prayer and getting to know him better
- trying to love like Jesus, even when it's hard and hurts
- trying to help others like Jesus did, especially those who don't have what they need

Help your child come up with one way, for each category, that they'll do to prepare their hearts.

## Here are some ideas:

- Talk to Jesus when I wake up and before I go to bed.
- Pray before meals with special attention and thanks.
- Look at a Bible or Bible book and think about Jesus
- Obey my parents, especially when \_\_\_\_\_
- Be kind to my brother/sister, especially when \_\_\_\_\_.
- Help a family member, especially when \_\_\_\_\_.

