

## Lenten Family Resources

As we begin the season of Lent; the time in our Church year to set aside for prayer, fasting, and almsgiving- all so we can prepare our hearts for Christ's Passion & Resurrection. What a gift it is to intentionally think about how we will purify ourselves for our God who sacrificed for us, so we could live a life of love and reconciliation.

Have you thought about ways to journey through Lent together as a family? When we purposefully plan out how we incorporate our faith into our daily lives, it helps everyone grow closer to God. It will show our youth the importance of their faith. Below are 10 ideas and resources that your family could do to strengthen your faith life together this Lent.

1. **Family Dinner and/or Prayer Time-** Make it a priority to come together daily for family dinner or at least once a week. By doing this, it sets a precedent for prayer and family. Schedule times ahead of time this way everyone knows it is going to happen, and not to schedule anything during that time. If it is on the calendar, it holds everyone accountable.
  - a. During this time you can make personal and Lenten promises for prayer, fasting & almsgiving. You can check in on any of the Lenten activities you may choose to do.
  - b. Other options: Read from the Bible (Genesis, Exodus, the Gospels, Upcoming Sunday readings), Read from a Lenten Devotional, Watch a YouTube Video (Fr. Mike Schmitz, Bishop Barron, etc.) or a Formed Video, Pray the Rosary, Pray with the Stations of the Cross
2. **Schedule Out Lenten Parish Activities-** Your family hopefully received a St. Malachy Lenten Family Postcard in the mail with all the opportunities that will be provided throughout Lent. Take time and plan what your family can go to during these 40 days.
  - a. **Stations of the Cross-** Every Friday at 7:15pm (Youth Stations- Feb. 26th)
  - b. **St. Malachy Reconciliation Times-** Wednesday Evenings beginning on March 3rd- begins at 7pm
    - i. Make it a priority that everyone in your family goes to Confession. Plan to go on Wednesdays beginning, check bulletin/online for surrounding parish's services, or go on a Saturday morning (8:45-10am). Lent is a time of purity. We want to take time to purify our hearts to show our gratitude to God for the Greatest Sacrifice, and so we can be in right relationship with God.
  - c. **Nocturnal Adoration-** Wednesdays beginning Feb.24th, 7pm-7am
  - d. **Knights of Columbus Fish Fries-** Fridays 5-7pm (Limited in Person & Drive-Thru)

3. **Fast from TV, Streaming Services, Movies**- This can be done in many ways, maybe it's one day a week, every day, or limited time each day.
  - a. Alternatives:
    - i. The [Chosen](#) Series- A TV show about the life of Jesus.
    - ii. Formed.org - Some series to watch/ journey through are: *Lectio: The Case for Jesus, Forgiven, The Search*, or check out the 'Movies;' section.
    - iii. Other movies: *Exodus* (2014), *The Passion of Christ* (2004, with older children), *The Young Messiah* (2016), or check out this [list](#)
4. **[Lenten Prayer Challenge](#)**- Use this resource as a family to think of creative and intentional ways to pray throughout the week. I would choose 1 or 2 each week to do together, or do them on your own and come together and talk about the prayer experiences together as a family.
5. **[Lenten Playlist](#)**- If your family or son/daughter is more inclined to connect with the Lord through music use this playlist to help foster their prayer routine during Lent.
6. **[40 Lenten Activities for Catholic Families](#)**- Use this to think of 40 different ways you can dive deeper into Lent with your family. You can do one each of the 40 days or combine activities on certain days. You could also choose one activity per line to do a week.
7. **[How to Plan a Family Foot Washing for Holy Week](#)**- This is a resource that helps you bring Holy Week and Holy Thursday Mass into the home. This is a great way to put into practice service and humility at home.
8. **[Prayer-Fasting-Almsgiving Basket](#)**- Have a basket filled with these tags that your teens/family can pick from throughout Lent. You can also make your own. This basket gives your family the opportunity to talk about prayer, fasting, and almsgiving. You could check in weekly/daily at family dinner/prayer time.
9. **[Works of Mercy Tree](#)**- Work as a family to follow through on your promises, and have a visible reminder for accountability.
10. **[Family Stations of the Cross](#)**- Use this resource or others, and find a time to pray with the Stations of the Cross. Focus on Christ's journey to the Cross throughout all of Lent. It can give you the opportunity to talk about sacrifice, suffering, love, and much more.