

# LIVING LENT WORKSHEET

During Lent, Catholics prepare for Holy Week by **praying, fasting, and giving**. On Ash Wednesday, Good Friday, and all Fridays of Lent everyone of age 21 and older must abstain from consuming meat. On Ash Wednesday and Good Friday, everyone of age 22 to 58 must fast. But, it's not just about what we give up. It's about who we have become when we celebrate Easter!

These forty days are a wonderful time to rethink everything and to allow ourselves to take up our crosses as Christ once did. We must be intentional and glorify God with our sacrifices.

Gather together as a household and talk about Lent to reflect on what it means for you personally and as a family and discuss ways to live your best Lent. Mother Teresa says, "Never waste a chance to become more like Jesus!"

Video suggestions are provided to get you started:

<https://www.wikihow.com/Explain-Lent-to-a-Child> - Explaining Lent to a Child

<https://www.youtube.com/watch/akkQCnZAwWI> - The Lenten Season

<https://www.dynamiccatholic.com/lent/best-lent-ever.html> - Dynamic Catholic Best Lent Ever

<https://www.ncregister.com/blog/9-things-you-need-to-know-about-lent-dexwlvzm> 9 Things to Know about Lent

<https://simplycatholic.com/your-guide-to-a-catholic-lent-everything-you-need-for-a-more-spiritual-lent/> - Your Guide to a Catholic Lent

**TO DO:** Gather as a household to discuss and make a plan for how your household members will live Lent this year to draw closer to God.

## PRAY

Begin this season of Lent by attending our Ash Wednesday Mass on February 17, 2021.

Celebrate the season of Lent in your home by using the items in your Take Away Bag. Use the **Lent-in-a-Bag** kit as a guide for your household to enter fully into Lent this year. Place the bag at your prayer table and gather each day for prayer and reflection. There are six items in the bag for the household members to touch, feel, and reflect upon to ignite or renew your faith in Christ Jesus this Lenten season.

Week 1: sand

Week 3: shell

Week 5: rock

Week 2: human figure

Week 4: candle

Week 6: cross

Check out your Take Away Bag for these items and how to use them.

## FAST

On the Fridays of Lent, we remember the sacrifice that Jesus made on Good Friday. We unite ourselves with that sacrifice through abstinence and prayer. Catholics do not eat meat on the Fridays of Lent. Are there other things we can do to remember the sacrifice Jesus made for us? Discuss with your household to brainstorm some ideas and write them down.

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Discuss and decide on what each member of the family will personally give up and then decide on a family sacrifice. This Lent be intentional about what you choose to deny yourself. Help the children understand why we abstain from something. Jesus gave his life for us. Our own personal sacrifice is a way for us to glorify God.

Discuss as a household what each member will give up during Lent and write it down.

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Have each person say out loud what they have chosen as their sacrifice. Together recite this prayer... "May this sacrifice draw me closer to you and be used for the Glory of God. Amen." When you are tempted to break your promise of sacrifice, repeat this prayer several times.

Now consider choosing something you will DO during Lent. Check out [25 Great Things You Can Do for Lent](https://bustedhalo.com/ministry-resources/25-great-things-you-can-do-for-lent) - <https://bustedhalo.com/ministry-resources/25-great-things-you-can-do-for-lent>

Review your sacrifices often. Check in with the members of your household to see how it's going. Encourage each other to continue even if they skip a day or two.

'Bury the Alleluia' Activity from Beth Diehl



Do you have a crafty person in your household who would like to make a poster to display the household sacrifices? Or, print them out to add to your prayer table or write them on your chalkboard.

## GIVE

During Lent, we are asked to focus more intently on *almsgiving* which means donating money or goods to the poor and performing other acts of charity. As one of the three pillars of Lenten practice, almsgiving is "a work of justice pleasing to God." (*Catechism of the Catholic Church*, no. 2462).

Mother Teresa said it this way:

'Do you want to do something beautiful for God. There is a person who needs you. This is your chance.'  
Talk about the needs of others in this world. Discuss as a household how you can help your community.

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